

Relationship Repair, Sharing the Burden & Relieving Self-Blame

1. Acknowledge the unique impact of the injury/style + style of emotion avoidance related to the injury/style.

I wanted to share with you that I realize that...

And it makes sense that you would not have come to me with your feelings because...

2. Label and validate the emotions related to the experience AND the suppressed pain

I can imagine that you felt ----- because... and because... and because...

I can imagine that you felt ----- because... and because... and because...

I can imagine that you also felt lonely having to go through all of this on your own / without my support

3. Apologize and communicate authentic and non self-referential remorse.

4. State what could have been done instead (even if it's "I should have found a way") and what will be done differently starting today. Ensure you can follow through.

I should have...

Starting today...

5. Respond with validation to their reaction - including a blast, silence, or denial/reassurance.

If blast or silence: *"I can understand why you would be angry. It feels too little too late. I haven't 'gotten it' before..."*

If denial: *"I can understand why you would want to reassure me. You've seen me hurting in the past..."*

Then, repeat steps 3 and 4.