



Steps for Effective Relationship Repair

- Tell your significant other that you value them and you don't like seeing them upset.
- Listen without interrupting while you allow your significant other to elaborate about their complaint.
- Engage in reflective listening. For example, "what I am hearing you say is..."
- Ask, "what will resolve your concern?"
- Negotiate a resolution with your significant other.
- Ask your partner if you have fully resolved their concern.

(Monthly, ask your partner: "How satisfied are you with our relationship on a scale of 1 to 10?" If they report anything less than a 10, ask them to tell you their concerns)

Behaviors That Tell Your Spouse That You Do Not Have a Relationship Service Department

- Shutting down and not saying anything or walking away.
- Rolling your eyes in the back of your head.
- Changing the topic to something else more pleasant.
- Shifting the topic to a complaint that you have about your spouse.
- Dominating the conversation, taking all the airtime, or talking over your partner.

(Ask your significant other what behaviors they observe when you are reacting to a relationship complaint.)

How to Make Your Complaint at the Relationship Repair Counter

- Think about what would resolve your complaint before you make it.
- Start by saying something positive about your romantic relationship and your mate.
- Tell your significant other that you are giving them the benefit of the doubt.
- Briefly state only one complaint in two to three sentences.
- Tell your significant other that you have a suggestions for how to repair the complaint and make your request for resolution.

(Think about how you typically make relationship complaints to your significant other. Do you follow the above steps? What steps listed above would you like to focus on for the benefit of the relationship?)