**How to Make a Repair (Betraying Partner)**

1. *Listen non-defensively to the impacts of the injury.*

*Questions:*

* Help me to understand how I have hurt you….
* What are the most upsetting parts of this situation for you?
* Is there anything I’m missing or not fully understanding?
1. *Convey understanding and provide validation.*
* From what I’m hearing, I hurt you by…
* I can understand why you felt \_\_\_\_\_\_\_, because \_\_\_\_\_\_\_\_\_\_\_.
* It makes sense to me that you responded with \_\_\_\_\_\_\_\_, because you were trying to \_\_\_\_\_\_\_\_\_\_. (e.g. protect yourself)
1. *Take responsibility and affirm the value of the relationship.*
* I am sorry that I hurt you because I love you very much.
1. *Take steps to change future behavior.*

*Questions:*

* What do you need from me in order to be able to rebuild trust?
* What behaviors do I need to avoid?
* What actions help you to feel special and important?