

Gottman Repair Checklist



I Feel

- I'm getting scared.
- Please say that more gently.
- Did I do something wrong?
- That hurt my feelings.
- That felt like an insult.
- I'm feeling sad.
- I feel blamed. Can you rephrase that?
- I'm feeling unappreciated.
- I feel defensive. Can you rephrase that?
- Please don't lecture me.
- I don't feel like you understand right now.
- Sounds like it's all my fault.
- I feel criticized. Can you rephrase that?
- I'm getting worried.
- Please don't withdraw.

I'm Sorry

- My reactions were too extreme. I'm sorry.
- I really blew that one.
- Let me try again.
- I want to be gentler to you right now and I don't know how.
- Tell me what you hear me saying right now.
- I can see my part in all of this.
- How can I make things better?
- Let's try that one over again.
- What you are saying is...
- Let me start again in a softer way.
- I'm sorry. Please forgive me.

Get to Yes

- You're starting to convince me.
- I agree with part of what you're saying.
- Let's compromise here.
- Let's find our common ground.
- I never thought of things that way.
- This problem is not very serious in the big picture.
- I think your point of view makes sense.
- Let's agree to include both of our views in a solution.

I Need to Calm Down

- Can you make things safer for me right now?
- I need things to be calmer right now.
- Please listen to me right now and try to understand.
- I need to hear you say you love me.
- Can I have a kiss?
- Can I take that back?
- Please be gentler with me?
- Please help me calm down.
- Please be quiet and listen to me.
- This is important to me. Please listen.
- I need to finish what I was saying.
- I am starting to feel flooded.
- Can we take a break?
- Can we talk about something else for a while?

Stop Action

- I might be wrong here.
- Please let's stop for awhile.
- Let's take a break.
- Give me a moment. I'll be back.
- I'm feeling flooded.
- Please stop.
- Let's agree to disagree here.
- Let's start all over again.
- Hang in there. Don't withdraw.
- I want to change the topic.
- We are getting off track.

I Appreciate

- I know this isn't your fault.
- My part of this problem is...
- I see your point.
- Thank you for...
- That's a good point.
- We are both saying...
- I understand.
- I love you.
- I am thankful for...
- One thing I admire about you is...
- I see what you're talking about.
- This is not your problem, it's OUR problem.