

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?
- I feel like you are lecturing me.
- I don't feel like you understand.
- Sounds like it's all my fault.
- I feel criticized. Can you rephrase that?
- I'm getting worried.
- Please don't withdraw.

Sorry:

- My reactions were too extreme. 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.
- I can see my part in all 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.

Stop Action!

- I might be wrong here.
- Please, let's stop for a while.
- 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're getting off track.

Getting 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.
- I think your point of view makes sense.
- Let's agree to include both our views in a solution.

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're both saying . . .
- I understand.
- I love you.
- I am thankful for . . .
- One thing I admire about you is . . .
- I see what you mean.
- This is not your problem, it's OUR problem.

I need to calm down:

- Can you make things safer for me?
- I need things to be calmer right now.
- I need your support right now.
- Just listen to me right now and try to understand.
- Tell me 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 to me.
- 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?