

WB 1.9 — The Repair

Expands on Chapter 9 (The Repair) in the manual, Chapter 8 in *Shoulder the Bill*.

Purpose Repair is a strength, not an admission of weakness. This page helps you own your part in a rupture, take one concrete repair action, and release a grievance that is costing you physiologically.

How to use this page

When: Use when a relationship rupture is unresolved. Write the repair opening while calm. Forgiveness here means releasing the cost to you — it is a decision, not a feeling, and never requires contact if that is unsafe.

Done when: You have named your part, written one specific repair action, and made a conscious decision about a grievance you carry.

Worked example

The rupture: I snapped at a friend and we have not spoken.

My part: I was activated and took it out on them.

Repair opening: 'I owe you an apology — I was short with you and that was not fair.'

Anchor Phrase: 'Repair is part of strength.'

Protocol: 1. Name what happened. 2. Own your part. 3. Name the impact. 4. State what you will do.

Loop stage: Act → Connect → Recover

One current rupture that has not been repaired:

My part in this rupture:

One specific repair action I can take, and when I will do it:

A grievance I am carrying that is costing me — and where I feel it in my body:

My decision about this grievance (releasing it is for my own well-being; it does not require contact):

☐ Self-Reward Loop completed