

WB 2.9b — Conflict Protocol

Use with Chapter 9 (The Repair) and Chapter 14 in the manual, Chapter 8 in Shoulder the Bill.

Purpose A structured way to enter a hard conversation regulated and leave it with the relationship intact. It keeps you to observable facts, a clean first-person statement, and a plan to pause if flooding hits — so repair stays possible.

How to use this page

When: Prepare while calm and regulated. If you notice flooding during the conversation, use the pause line and return.
Done when: You have a first-person statement ready, and afterward have reviewed what you owned and what to do next time.

Worked example

The issue: my partner made plans without checking — just the facts.
My statement: ‘When plans changed without a heads-up, I felt anxious.’
Their truth I can name: they were trying to be spontaneous, not to exclude me.

Anchor Phrase: ‘Repair is part of strength.’

Protocol: 1. Regulate first. 2. State facts. 3. “When... I felt...” 4. Name their truth. 5. Pause if flooding.
Loop stage: Act → Connect → Recover

My regulated state before this conversation: ☐ Regulated ☐ Need Body Reset first

The specific issue (observable facts — not the whole history):

My statement — “When ____, I felt ____” — and what I need:

The part of their perspective that is true:

Pause line if flooding occurs: “I need ten minutes to regulate. I will return.”

After the conversation — what I owned cleanly, and one sentence to lead with if it recurs:

☐ Self-Reward Loop completed