

AFTER THE ARGUMENT

Reflective questions to help couples repair

1

What was going on for me when I was first triggered?

2

What prevented us from de-escalating this argument?

3

From this argument, I learned that the following things are really important to my partner:

4

From this argument, I learned that the following things are really important to me:

5

Are there any lingering things that I need to apologize or take responsibility for?

6

Knowing what I know now, in the future I will try to do the following differently:



ILLUMINATECOUNSELLING

www.illuminate-online.com