NEW DAY RECOVERY

Session 21 Handout

I-Statement & Repair

From Session 21. Reflecting is not agreeing; it is proof of hearing.

Name: _____ **Date:** _____

Speaker–listener: one talks, one reflects, then switch. The listener only reflects and asks “is there more?” A complaint names a behavior and a need; criticism names a character.

My I-statement

“I felt _____ when _____; I need _____.”

My specific request (what I want, not only what I hate):

Repair attempts

Any move that de-escalates mid-fight: “I’m getting loud; give me ten minutes and I will come back,” humor that includes rather than mocks, a hand raised like a flag of truce.

Flooding is a body signal — racing heart, tunnel thinking, voice rising. Past that point, no good words exist. A timed, promised return (“twenty minutes, and I will come back”) is a skill, not stonewalling.

My repair sentence, in my own voice: _____

Homework: use speaker–listener once this week on something small. Before any hard conversation, write your I-statement and your request. Log how the conversation ended: ☐ repair ☐ retreat ☐ explosion.