Gottman Repair Checklist

Patient Information

Patient Name:

Date:

Medical Record Number:

Identification of Triggering Situations

Identify situations or topics that may elicit heightened emotions or concerns. (e.g., Diagnosis, Treatment Plans, Sensitive Health Topics)

Triggering Situations

☐ Diagnosis Discussion

☐ Treatment Plan Explanation

☐ Discussing Sensitive Health Issues

☐ Other (Specify): _____

Accessing the Checklist

Provide the patient with a copy of the Gottman Repair Checklist in a format of their choice.

Preferred Format

☐ Printable Copy

☐ Digital Copy

Category and Phrase Selection

Collaboratively choose a relevant communication category and phrases that express the patient's feelings or intentions.

Communication Category

☐ Concerns

☐ Clarifications

☐ Emotional Support

☐ Information Sharing

☐ Future Planning

☐ Other (Specify): _____

Selected Phrases

Verbal Expression

Encourage the patient to use the chosen phrases to articulate their thoughts, concerns, or questions.

Patient's Verbal Expression

Acknowledgment and Response

Actively acknowledge and respond to the patient's selected phrases to foster mutual understanding.

Medical Professional's Response

Conflict De-escalation and Resolution

Utilize the Repair Checklist to de-escalate concerns or misunderstandings and work collaboratively toward resolution.

Collaborative Actions

- ☐ Provide Additional Information

- ☐ Adjust Treatment Plan

- ☐ Offer Emotional Support

☐ Refer to Specialist

☐ Other (Specify): _____

Reflect and Reassess

Take a moment for reflection after the discussion, assessing the effectiveness of the chosen phrases and the emotional tone of the interaction.

Reflection Notes