

Gottman Repair Checklist

The Gottman Repair Checklist is a valuable resource designed to help couples navigate conflicts and strengthen their relationships. The primary goal of this checklist is to facilitate constructive communication and foster understanding between partners.

I feel	I need to calm down
<p>I'm getting scared.</p> <p>Please say that more gently.</p> <p>Did I do something wrong?</p> <p>That hurt my feelings.</p> <p>That felt like an insult.</p> <p>I'm feeling sad.</p> <p>I feel blamed. Can you rephrase that?</p> <p>I'm feeling unappreciated.</p> <p>I feel defensive. Can you rephrase that?</p> <p>Please don't lecture me.</p> <p>I don't feel like you understand me right now.</p> <p>Sounds like it's all my fault.</p> <p>I feel criticized. Can you rephrase that?</p> <p>I'm getting worried.</p> <p>Please don't withdraw.</p>	<p>Can you make things safer for me?</p> <p>I need things to be calmer right now.</p> <p>I need your support right now.</p> <p>Just listen to me right now and try to understand.</p> <p>Tell me you love me.</p> <p>Can I have a kiss?</p> <p>Can I take that back?</p> <p>Please be gentler with me.</p> <p>Please help me calm down.</p> <p>Please be quiet and listen to me.</p> <p>This is important to me. Please listen.</p> <p>I need to finish what I was saying.</p> <p>I am starting to feel flooded.</p> <p>Can we take a break?</p> <p>Can we talk about something else for a while?</p>
Sorry	Stop action
<p>My reactions were too extreme. Sorry.</p> <p>I really blew that one.</p> <p>Let me try again.</p> <p>I want to be gentler to you right now and I don't know how.</p> <p>Tell me what you hear me saying.</p> <p>I can see my part in all this.</p> <p>How can I make things better?</p> <p>Let's try that one over again.</p> <p>What you are saying is...</p> <p>Let me start again in a softer way.</p> <p>I'm sorry. Please forgive me.</p>	<p>I might be wrong here.</p> <p>Please let's stop for a while.</p> <p>Let's take a break.</p> <p>Give me a moment. I'll be back.</p> <p>I'm feeling flooded.</p> <p>Please stop.</p> <p>Let's agree to disagree here.</p> <p>Let's start all over again.</p> <p>Hang in there. Don't withdraw.</p> <p>I want to change the topic.</p> <p>We are getting off track.</p>

Get to yes	I appreciate
<p>You're starting to convince me.</p> <p>I agree with part of what you're saying.</p> <p>Let's compromise here.</p> <p>Let's find our common ground.</p> <p>I never thought of things that way.</p> <p>This problem is not very serious in the big picture.</p> <p>I think your point of view makes sense.</p> <p>Let's agree to include both our views in a solution.</p> <p>What are your concerns?</p>	<p>I know this isn't your fault.</p> <p>My part of this problem is...</p> <p>I see your point.</p> <p>Thank you for...</p> <p>That's a good point.</p> <p>We are both saying...</p> <p>I understand.</p> <p>I love you.</p> <p>I am thankful for...</p> <p>One thing I admire about you is...</p> <p>I see what you're talking about.</p> <p>This is not your problem, it's OUR problem.</p>
Personal notes	