WORKSHEET **Repair a No That Came Out Badly**

Tick each step, then write your repair sentence.

- ☐ I waited until I'd cooled down (at least an hour, or until the next morning).
- ☐ I named the tone, not the answer: "I said it in a snappy way."
- ☐ I said sorry for the tone once, without a long explanation.
- ☐ I kept my answer the same.
- ☐ I added one warm line about the person or the relationship.
- ☐ I stopped talking and let them respond.
- ☐ I didn't offer a bigger yes to make up for it.
- ☐ The next day, I sent a light check-in about something else.

What I said that came out badly: _____

What I actually meant: _____

My repair, in one or two sentences: _____

How they responded: _____

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