



Kristy-Ann DL Psychotherapy

How to Repair After Conflict

Conflict during the holidays is common. Repair allows relationships to heal, restore safety, and strengthen connection.

Repair Steps:

- Pause before revisiting the conversation
- Take responsibility without defensiveness
- Validate the emotional impact
- Ask what is needed for healing
- Follow through consistently



Key Truth: Repair is shown through actions.

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Repairing After a Conflict

1. What was the conflict about?

2. What feelings came up for you?

3. What part of the conflict can you take responsibility for?

4. What would meaningful repair look like for you and the other person?

5. What can you commit to doing differently moving forward?

