

Relational Rupture (the upset)



Revisit

**Not rehashing, reliving or repeating the situation, but a helpful opportunity to revisit the relational rupture from your Wise Adult place.

The Recovery Process

This is a cyclical process that is always evolving





Repair

Repair through Respectful Adult Communication (RAC). The repair work matters more than the upset because it provides an opportunity to respond thoughtfully, instead of reacting out of emotion.

Reprocess

Seek deeper meaning and understanding of another narrative. The story develops about what happened.



