

R DECK: Repair and Respect

Repair. *Own it. I see my art and commit to making it right.*

Apologies are not repair. To repair after a rupture, we must be accountable and repair. To be accountable means to settle the accounting. If you caused harm, how will you make it right in a loving way? This isn't about punishment, it's about creating safety and reciprocity.

Respect. *Do it. I will honor the boundary, need, request.*

Align words with actions. If you say you will do something. Do it. If you say you will not do something, then don't. Don't make agreements you aren't willing to uphold. Respect means to show consideration for the inherent worth, feelings, needs, and boundaries of oneself and others. Includes active listening, valuing other perspectives without judgement, and honoring agreements.

Request: *Not demand. Would you be willing to...? (Be prepared to accept a NO)*

Learn the difference between a **need**, a **request**, a **demand** and a **boundary**.

A **need** is a non-negotiable requirement that you uphold with a firm boundary to feel safe.

A **request** is something you would like, so you ask without expectation if the other person can meet you with agreement and follow-through.

A **boundary** is a limit you set and enforce-the other person does not have to do anything, however, crossing your boundary will incur a clearly stated consequence.

A **demand** occurs when you expect someone to meet your need or request without agreement or consent.

Reflect. *Listen. What I hear you saying is...*

Active listening goes a long way. When someone gathers the courage to bring a challenging topic to you, it's because they care about the relationship. It's not an attack. Before responding with your excuses, reasons, and defenses, let them know that you heard them. KEY: Your partner will not feel the need to repeat themselves or get louder to be heard.

Reassure. *Remember. Our bond is safe. I am here. You matter to me. We matter.*

An activated nervous system (someone who is freaking out or raising their voice or going silent and stone face) needs reassurance. Be the mature partner and don't tit for tat. Let them know they are safe.

Re-Do. *Breathe. Let me try that again.* Did you just blow a fuse? Did you raise your voice, get mean, or say something untrue to protect yourself? Call for a RE-DO. Drop this card and start again. Or, ask your partner to try again instead of attacking and shaming them for being messy. Our inner children are sometimes messy.

Resolve. *Ask and Speak: Is there anything else you need to feel complete? I commit to a new behavior moving forward.*

If you are in a repair process, and you have done something to hurt your partner (intentionally or unintentionally) ask them what they need instead of just prescribing what you are willing to do. This statements helps to reset the balance.

Re-visit. *Be vulnerable. The past still hurts. I need to talk about it again, please.*

I know, it can be frustrating when your partner brings up something from the past. You just want to move on. If they are bringing it up again, it's because it still hurts and feels unresolved for them. You can't dictate how long their emotional wound takes to heal. Be patient. Listen. The more you lean in, the faster the wound heals, and the topic no longer needs to be brought up.

Responsibility flip. *Flip the script. Here is what I did wrong. Here is what you did right.*

Instead of the defensive game, what if you flipped it and focused on what they did right and what you did wrong. Excruciating at first, but it tends to evolve into comedy and laughter and repair VERY quickly. (*Leon, where did we get this-it was from an IG reel you sent me*)

Receive. Allow: I am open and available. What do you need right now?

Are you feeling resourced. Is your partner obviously dysregulated, irritable, annoyed, overwhelmed, sad, angry, etc.... How can you help them settle and regulate? Ask, them, "What do you need right now?" True, it's not your job to regulate them, and they are your partner. Can you care for them in this moment? This generous giving goes a long way for nervous system repair and safety.

