CHECKLIST · RELATIONSHIP

FREE PREVIEW

Rebuilding Relationships After Conflict



Repairing a relationship after conflict requires effort, understanding, and commitment. Use this checklist to rebuild trust and connection.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Acknowledge the Conflict

Discuss what happened and its impact on both of you.

TIP *Focus on facts rather than assigning blame.*

2 Apologize Sincerely

Offer a heartfelt apology that addresses specific actions.

EXAMPLE *“I’m sorry for interrupting you during our conversation—it was disrespectful.”*

3 Listen Actively to Each Other

Allow space for both parties to express feelings without interruption.

TIP *Repeat back what you hear to ensure clarity and validation.*

PREVIEW



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