

Repair an adult argument

Repair After an Adult Argument | Conflict & repair

"That argument was not your fault. It is our responsibility to handle the disagreement safely."

Use these prompts for your own preparation. Leave out identifying details you do not need.

What my child saw or heard

The adult behavior I need to own

Reassurance I can honestly give

A concrete change

Support or safety action needed

How I will follow through

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.