

Repair Scripts & AEDP-Inspired Prompts

A Quick Guide to Staying Connected in the Middle of Conflict

fromcentowholeness.com

Before Conflict: Ground and Prepare

Even a few seconds of intention can soften the storm.

Micro-practices (either partner):

- Put a hand on your chest: “I want connection, not control.”
- Breathe out slowly through pursed lips (activates vagus nerve)
- Say internally: “This is a moment, not the whole story.”

Quick phrases to say out loud:

- “I feel tension rising. Can we pause before it explodes?”
 - “I want to stay with you through this — even if it’s messy.”
 - “Let’s slow this down so we don’t hurt each other.”
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During Conflict: Scripts to Interrupt the Spiral

These are not perfect phrases — just gentle alternatives to what usually comes up.

If you're the partner who wants space (shuts down):

- “I need a break, but I’m not leaving emotionally.”
- “I’ll come back in 15 minutes. I want this to go well.”
- “This feels intense — I want to hear you but I need to calm down.”

If you're the partner who escalates:

- “I’m raising my voice, but I don’t want to lose you.”
 - “This anger is covering how scared and alone I feel.”
 - “Can we take a break *together*, even just for a minute?”
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AEDP-Inspired Inner Prompts

Use these when you pause — they help you access your **core truth**, not just your protective reaction.

- “What am I *really* feeling under this?”
 - “If I didn’t have to protect myself, what would I want to say?”
 - “What’s the youngest part of me feeling right now?”
 - “What do I wish they understood — that I’ve never said out loud?”
 - “What do I need *from me* right now — before I ask for it from them?”
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After Conflict: Scripts for Repair

Even a one-sentence repair softens the nervous system. Use these *after* both partners have regulated — even if it’s 30 minutes or 3 hours later.

General repair:

- “I didn’t handle that how I wanted to.”
- “I care more than it looked like.”
- “You didn’t deserve that tone.”
- “Let’s try again. I still want this.”

Script pairs (each person shares):

- What I felt: “When it happened, I felt ____.”
- What I needed: “What I needed was ____.”
- What I regret: “What I wish I did instead was ____.”

Touch + repair (adds co-regulation):

- Sit next to each other, touch hands or knees.
 - Each person says one thing they appreciate about the other from that day.
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Optional “Hard Moment” Text Messages

If in-person talking is too hard, send one of these:

- “Still here. We’ll figure this out.”
 - “I care. I need space but I’m not disconnecting.”
 - “I was scared and that came out messy. Sorry.”
 - “Let’s try again after dinner?”
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When You Don't Know What to Say

End with one sentence of honesty. Here are 5 you can always use:

- “I’m not sure what to say, but I want to stay close.”
- “I feel frozen, but I care.”
- “I wish I had better words right now.”
- “Can we just sit together without fixing it?”
- “Let’s figure out how to get through this *together*.”

These tools are from AEDP principles, for couples who feel overwhelmed, mismatched, and still want to try.