

# HOW TO HAVE A DO-OVER

Do-overs can be helpful when our physiology and defensiveness get the best of us. When this happens, here are a few principles to use as guidelines for turning conflict into connection.

## CALM YOURSELF.

When you are triggered, how does that manifest for you?

- I stonewall, shut down, and retreat inside myself.
- I get defensive, engaging in one of the defense mechanisms talked about in Ep. #011-012.
- I become bitter, angry, passive-aggressive, or contemptuous.
- I begin to go negative, complain, and criticize my partner.

How much time do you need personally to calm down?

How will I communicate that I need to calm down in a way that lets my spouse know that I plan to return and resume the conversation after the allotted amount of time?

What are 3 self-care strategies or 3 ways I can self-soothe when I get flooded?

## SHARE YOUR HEART.

When reacting to or processing conflict, I tend to...

- verbally or outwardly process
- try to reason with logic
- look for the good or "what's not so bad"

Think about how this impacts your spouse. Then share what would be more helpful for you to do, post-conflict.

Confess the communication habits you need to drop in order not to hurt your spouse.

- "You always..." or "You never..." (making sweeping generalizations)
- "You should..." or "The right way is..." (judging, critiquing, nitpicking)
- "You're so inconsiderate!" (assigning negative labels to your spouse)
- Rolling your eyes, showing contempt, disgust, or disdain, etc.

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## TAKE PERSONAL RESPONSIBILITY.

Taking responsibility means not only owning your role in the conflict, but also your own triggers and defense mechanisms. Answer the following questions for yourself and share with your spouse:

What words, looks, actions, or inactions did I contribute to our conflict?

- verbally or outwardly process
- try to reason objectively
- look for the good or "what's not so bad"

What from our past or my family of origin triggered me to react that way? Keep in mind, understanding is meant to change our behavior, not to settle into excuses for it.

## SAY "I'M SORRY" AND "I FORGIVE YOU".

What look, words, actions, or inactions contributed to my spouse feeling hurt?

What do I need to say I'm sorry for?

What look, words, actions, or inactions do I need to forgive my spouse for?

## TALK TOGETHER ABOUT WHAT EACH OF YOU CAN DO DIFFERENTLY IN THE FUTURE.



# BRAVE MARRIAGE

Brave Marriage exists to educate, encourage, and equip couples to grow as individuals, do marriage with intention, and live mutually empowered, purposeful lives.

If these questions have been helpful to you, would you consider sharing the podcast and worksheets with your friends and family? I consider this part of my business a ministry to couples, and would love your help in sharing this teaching with others.

To work with me at the next level,  
please visit [bravemarriage.com](http://bravemarriage.com).