

Rupturerepair — Activity Book

A Spark & Anvil activity book — puzzles, questions, and fun from Rupturerepair.

Write in the book, circle your answers, and check the Answer Key at the back.

1. What Is a Rupture?

Circle the correct answer

1. A 'rupture' in a friendship or relationship is —
(A) a broken phone (B) a moment of hurt or disconnection between people (C) a happy moment (D) a math term
2. A 'repair' is —
(A) ending the friendship (B) ignoring the problem (C) the process of reconnecting after a rupture (D) a type of tool only
3. Ruptures happen —
(A) only to some people (B) only in bad relationships (C) in every relationship, even close ones (D) never in good friendships
4. Having a rupture with a friend means —
(A) you should never talk again (B) you are a bad person (C) something needs care, not that the friendship is over (D) the friendship is ruined forever
5. Which of these could cause a rupture?
(A) A misunderstanding or hurtful words (B) Sharing a snack (C) Saying thank you (D) Laughing together
6. When a rupture happens, it's common to feel —
(A) nothing ever (B) that you must hide all feelings (C) only happiness (D) upset, and that's okay

Write the answer

7. Noticing a body feeling like a tight chest during a conflict can be a sign —
Answer: _____
8. Ruptures are easier to repair when they are —
Answer: _____
9. The idea that ruptures can be repaired is —

Answer: _____

10. A rupture between two people is —

Answer: _____

Match each question to its answer

1. Which is TRUE about ruptures? →
2. After a rupture, taking a breath can help you — →
3. A friendship that has repaired a rupture can become — →
4. Which is a gentle first thought after a rupture? →
5. Ignoring a rupture usually — →

- (A) leaves the hurt to grow
 - (B) stronger and more trusting
 - (C) calm down enough to think about repair
 - (D) "Something hurt here, and it can be cared for."
 - (E) They can happen even when no one meant to cause harm
-

2. Ruptures Are Normal

Circle the correct answer

11. Conflict between friends is —

(A) a sign of a bad friendship (B) rare and shameful (C) always avoidable (D) a normal part of any relationship

12. Having a disagreement does NOT mean —

(A) you are a bad friend (B) you have feelings (C) the friendship matters (D) you can repair it

13. Ruptures happen more easily when people are —

(A) not talking at all (B) tired, stressed, or hungry (C) feeling great (D) well-rested and calm

14. If a rupture makes you feel ashamed, it helps to remember —

(A) everyone has ruptures; you're not alone (B) it's unforgivable (C) you should hide it (D) you're the only one

15. Two people can care about each other AND —

(A) never hurt each other's feelings (B) still have a rupture (C) never disagree (D) be perfect

16. Which is a healthy belief about conflict?

(A) "We can disagree and still care about each other." (B) "Conflict means someone is bad." (C) "Any conflict means we should stop being friends." (D) "Good friends never argue."

Write the answer

17. Believing 'good friends never fight' can —

Answer: _____

18. A rupture is a chance to —

Answer: _____

19. Different people have different —

Answer: _____

20. It's okay to need —

Answer: _____

Match each question to its answer

1. Which shows a rupture is normal? →

2. Blaming yourself harshly for every rupture is — →

3. A rupture can teach you something about — →

4. Which is a KIND thing to remember during a rupture? →

5. Ruptures are part of — →

(A) Even families and best friends have them

(B) "This is hard, and we can get through it."

(C) not helpful; repair works better than harsh self-blame

(D) yourself and the other person

(E) learning to be close to people

3. Step 1: Noticing Harm

Circle the correct answer

21. The FIRST step of repair is to —

(A) apologize instantly (B) notice that harm or hurt has happened (C) forget about it (D) blame the other person

22. You might notice a rupture through —

(A) your grades only (B) a change in how you or the other person feels (C) the weather (D) nothing

23. A body signal that a rupture happened might be —

(A) being very hungry only (B) feeling perfectly relaxed (C) a tight chest or a knot in your stomach (D) nothing at all

24. Noticing another person seem quiet or withdrawn can be a sign —

(A) they may be hurt (B) to ignore them (C) they are happy (D) nothing is wrong

25. Noticing harm early makes repair —

(A) easier (B) impossible (C) unnecessary (D) harder

26. If you're not sure whether a rupture happened, you can —

(A) assume everything is fine (B) ignore it forever (C) gently check in with the person (D) get angry

Write the answer

27. Noticing YOUR OWN part in a rupture takes —

Answer: _____

28. Which shows noticing harm?

Answer: _____

29. A sign you may have caused harm is —

Answer: _____

30. Noticing harm is NOT about —

Answer: _____

Match each question to its answer

1. Slowing down to notice your feelings helps you — →

2. If you notice you feel defensive, that can be a clue that — →

3. Noticing harm to ANOTHER person requires — →

4. A gentle way to notice is to ask yourself — →

5. Noticing harm is the foundation of repair because — →

(A) a rupture may have touched something important

(B) paying attention to their feelings

(C) "How might the other person be feeling right now?"

(D) you must see the hurt to care for it

(E) understand what happened

4. Step 2: Acknowledging

Circle the correct answer

31. The SECOND step of repair is to —

(A) acknowledge the rupture and your part in it (B) ignore it (C) blame the other person (D) pretend it didn't happen

32. 'Acknowledging' means —

(A) blaming others (B) hiding it (C) openly recognizing that something happened (D) denying it

33. Acknowledging your part takes —

(A) courage and honesty (B) avoiding the person (C) blaming others (D) nothing

34. Which is an acknowledgment?

(A) "I realize I raised my voice, and that wasn't fair to you." (B) "You're too sensitive." (C) "It's your fault." (D) "Nothing happened."

35. Acknowledging is DIFFERENT from —

(A) caring (B) being honest (C) blaming the other person (D) owning your part

36. You can acknowledge your part even if —

(A) the other person also had a part (B) only if you're fully at fault (C) only if you caused everything (D) never

Write the answer

37. Acknowledging without excuses sounds like —

Answer: _____

38. Acknowledging your part is NOT the same as —

Answer: _____

39. When you acknowledge honestly, the other person often feels —

Answer: _____

40. Refusing to acknowledge a rupture usually —

Answer: _____

Match each question to its answer

1. A caring acknowledgment focuses on — →

2. Acknowledging can feel vulnerable, and vulnerability here is — →

3. Which is NOT an acknowledgment? →

4. Acknowledging your part opens the door to — →

5. Even a small acknowledgment can — →

(A) help a lot

(B) the next repair steps

(C) a strength

(D) "I only did it because you started it."

(E) what YOU did, not on attacking the other person

5. Step 3: Naming the Impact

Circle the correct answer

41. The THIRD step of repair is to —

(A) blame them (B) name the impact the rupture had on the other person (C) list excuses (D) forget it

42. 'Impact' means —

(A) what you intended (B) the effect something had on a person (C) your excuse (D) the setting

43. Impact can be different from —

(A) intention (what you meant to do) (B) how it landed (C) the effect (D) the result

44. Even if you didn't MEAN to hurt someone, —

(A) the impact still matters (B) the impact doesn't count (C) you owe nothing (D) their feelings are wrong

45. Naming impact sounds like —

(A) "You shouldn't feel that way." (B) "I think that made you feel left out." (C) "Get over it." (D) "I didn't mean it, so it's fine."

46. Naming impact shows the other person —

(A) you understand how they were affected (B) you don't care (C) they are wrong (D) you weren't involved

Write the answer

47. Dismissing impact ('You're too sensitive') usually —

Answer: _____

48. To name impact well, you need to —

Answer: _____

49. If you're not sure of the impact, you can —

Answer: _____

50. Naming impact is a form of —

Answer: _____

Match each question to its answer

1. The other person's feelings about the impact are — →

2. Which is NOT naming impact? →

3. Understanding impact helps you — →

4. Naming impact requires setting aside — →

5. A caring impact-naming thought is — →

(A) valid, even if different from what you expected

(B) the urge to defend yourself for a moment

(C) "Whatever, it's not a big deal."

(D) "How did this land for them?"

(E) know what to repair

6. Step 4: The Repair Offering

Circle the correct answer

51. The FOURTH step of repair is to —

(A) demand forgiveness (B) forget it (C) blame them (D) offer a genuine way to make things right

52. A sincere apology usually includes —

(A) the word 'but' many times (B) excuses (C) acknowledging what you did and its impact (D) blaming the other person

53. Which is a genuine repair offering?

(A) "I'm sorry, but it was your fault." (B) "Whatever, sorry I guess." (C) "I'm sorry I left you out. Can I sit with you at lunch?" (D) "Sorry you got upset."

54. A repair offering can be —

(A) nothing (B) an apology, a kind action, or a change in behavior (C) only a gift (D) only words

55. A repair offering should focus on —

(A) the other person's needs, not just easing your own guilt (B) the weather (C) your comfort only (D) proving you're right

56. A repair offering works best when it is —
(A) fake (B) sincere (C) sarcastic (D) forced

Write the answer

57. After offering repair, you should —

Answer: _____

58. Which is NOT a genuine repair offering?

Answer: _____

59. Asking 'How can I make this right?' is —

Answer: _____

60. A repair offering that includes CHANGE (doing differently next time) is —

Answer: _____

Match each question to its answer

1. A repair offering is not about — →
2. Saying sorry with a sarcastic tone — →
3. A repair offering respects that the other person — →
4. Which caring thought supports offering repair? →
5. A repair offering is stronger when it — →

- (A) usually isn't a genuine offering
 - (B) making yourself feel better only
 - (C) gets to decide how they feel
 - (D) matches the size of the hurt
 - (E) "I want to make this right for both of us."
-

7. Step 5: Re-engaging

Circle the correct answer

61. The FIFTH step of repair is to —

(A) end the friendship (B) avoid the person (C) hold a grudge (D) re-engage —
reconnect and move forward together

62. 'Re-engaging' means —

(A) returning to connection after the rupture is cared for (B) staying distant (C)
avoiding each other (D) pretending nothing happened

63. Re-engaging is easier when both people —

(A) feel the repair was genuine (B) hold onto blame (C) avoid talking (D) ignore the rupture

64. Re-engaging does NOT mean —

(A) spending time together (B) moving forward (C) pretending the rupture never happened (D) reconnecting

65. After a repair, a friendship can sometimes feel —

(A) impossible (B) always weaker (C) ruined (D) even stronger

66. Re-engaging might start with —

(A) a big confrontation (B) avoiding each other (C) a grudge (D) a small, friendly moment together

Write the answer

67. If re-engaging feels awkward at first, that's —

Answer: _____

68. Re-engaging works best when —

Answer: _____

69. Rushing to re-engage before repair is done can —

Answer: _____

70. Re-engaging shows that —

Answer: _____

Match each question to its answer

1. A caring re-engaging thought is — →

2. Re-engaging doesn't require — →

3. If trust was hurt, re-engaging may take — →

4. Re-engaging is a two-way process, meaning — →

5. A sign re-engaging is going well is — →

(A) you can enjoy each other again

(B) time to rebuild

(C) "We cared for this, and we can move forward."

(D) both people take part

(E) forgetting what you both learned

8. The 5-Step Cycle

Circle the correct answer

71. The five steps of the repair cycle are —

(A) hide → wait → hope → ignore → move on (B) notice harm → acknowledge → name impact → offer repair → re-engage (C) win → argue → prove → leave → sulk (D) blame → deny → ignore → avoid → forget

72. The FIRST step is —

(A) noticing harm (B) naming impact (C) offering repair (D) re-engaging

73. The LAST step is —

(A) naming impact (B) noticing harm (C) re-engaging (reconnecting) (D) acknowledging

74. Which step comes right after acknowledging?

(A) Noticing harm (B) Re-engaging (C) Naming the impact (D) Offering repair

75. The steps work best when done —

(A) in order, with care (B) randomly (C) backwards (D) skipping most of them

76. You can use the repair cycle when —

(A) never (B) only when it's your fault (C) only when you're the one hurt (D) you caused harm OR you were hurt

Write the answer

77. Skipping the 'name impact' step can leave the other person feeling —

Answer: _____

78. The cycle is called a 'cycle' because relationships —

Answer: _____

79. Which step involves the most EMPATHY?

Answer: _____

80. Which step takes the most COURAGE for someone who caused harm?

Answer: _____

Match each question to its answer

1. Using the cycle helps because it gives you — →

2. The repair cycle is a SKILL that — →

3. If a repair attempt doesn't work the first time, you can — →

4. The goal of the whole cycle is — →

5. Which shows the cycle done well? →

- (A) improves with practice
 - (B) try again with patience
 - (C) a clear, caring path through a hard moment
 - (D) to heal the relationship, not to assign blame
 - (E) Both people feel heard and reconnected
-

9. Empathy & Perspective-Taking

Circle the correct answer

81. 'Empathy' is —

- (A) ignoring feelings (B) feeling only your own feelings (C) the setting (D) understanding and sharing another person's feelings

82. 'Perspective-taking' means —

- (A) only your own view (B) winning the argument (C) trying to see a situation from another person's point of view (D) ignoring others

83. Empathy helps repair because it lets you —

- (A) ignore their feelings (B) prove you're right (C) assign blame (D) understand how the other person feels

84. A good empathy question is —

- (A) "How can I win?" (B) "Whose fault is it?" (C) "How do I avoid this?" (D) "How might they be feeling right now?"

85. Perspective-taking does NOT mean —

- (A) you have to agree with everything (B) listening (C) considering their feelings (D) understanding their view

86. Empathy can be shown by —

- (A) interrupting (B) ignoring them (C) listening carefully and reflecting their feelings back (D) changing the subject

Write the answer

87. When you take someone's perspective, you might discover —

Answer: _____

88. Empathy is a SKILL, which means it —

Answer: _____

89. A barrier to empathy during conflict is —

Answer: _____

90. Empathy helps you offer a repair that —

Answer: _____

Match each question to its answer

1. Which shows perspective-taking? →
2. Empathy does NOT require — →
3. Perspective-taking can reduce — →
4. A person who NEVER takes others' perspectives may — →
5. Empathy and self-awareness work together because — →

- (A) "If I were in their place, I might feel hurt too."
 - (B) having had the exact same experience
 - (C) misunderstandings
 - (D) struggle to repair ruptures
 - (E) you can care for others AND understand yourself
-

10. Accountability

Circle the correct answer

91. 'Accountability' means —

- (A) avoiding responsibility (B) denying everything (C) owning your actions and their effects (D) blaming others

92. Accountability is DIFFERENT from —

- (A) care (B) honesty (C) shame (feeling like a bad person) (D) responsibility

93. You can be accountable AND —

- (A) never a good person (B) worthless (C) only a bad person (D) still be a good person

94. Which shows accountability?

- (A) "That was my choice, and I own the effect it had." (B) "Nothing happened." (C) "It's not my fault at all." (D) "You made me do it."

95. Blaming others instead of being accountable usually —

- (A) blocks repair (B) heals the rupture (C) builds trust (D) helps repair

96. Accountability includes owning —

- (A) only what others did (B) nothing (C) only your good actions (D) both your actions and their impact

Write the answer

97. Healthy accountability avoids —

Answer: _____

98. Taking accountability can actually make others trust you —

Answer: _____

99. Accountability is a CHOICE to —

Answer: _____

100. A person who takes accountability can still —

Answer: _____

Match each question to its answer

1. Which is NOT accountability? →

2. Accountability helps YOU by — →

3. If you struggle to take accountability, it may help to remember — →

4. Accountability and self-compassion — →

5. A caring accountability thought is — →

(A) everyone makes mistakes; owning them is brave

(B) can go together

(C) "I'm only sorry because I got caught."

(D) "I can own this and still care for myself."

(E) letting you learn and grow

11. Sincere vs Non-Apology

Circle the correct answer

101. A sincere apology —

(A) demands forgiveness (B) acknowledges the harm and takes responsibility (C) blames the other person (D) makes excuses

102. A 'non-apology' is —

(A) a compliment (B) words that sound like an apology but avoid responsibility (C) a genuine apology (D) silence

103. "I'm sorry you feel that way" is usually —

(A) an act of care (B) the best apology (C) a non-apology (it blames their feelings) (D) a sincere apology

104. A sincere apology avoids the word —

(A) 'you' (B) 'sorry' (C) 'but' (which often erases the apology) (D) 'I'

105. Which is a SINCERE apology?

(A) "Sorry, but you overreacted." (B) "I said sorry, okay?" (C) "I'm sorry I broke your trust. That was wrong of me." (D) "I'm sorry if you were bothered."

106. A sincere apology does NOT demand —

(A) instant forgiveness (B) honesty (C) care (D) responsibility

Write the answer

107. "I'm sorry IF I hurt you" is weaker because —

Answer: _____

108. A strong apology names —

Answer: _____

109. Which weakens an apology?

Answer: _____

110. A sincere apology often includes a plan to —

Answer: _____

Match each question to its answer

1. A non-apology leaves the other person feeling — →

2. Tone matters in an apology because — →

3. A sincere apology centers on — →

4. Which is a genuine sign of a sincere apology? →

5. Apologizing sincerely takes — →

(A) You change your behavior afterward

(B) the other person's experience

(C) unheard or blamed

(D) humility and courage

(E) a sarcastic tone can undo sincere words

12. Listening in Repair

Circle the correct answer

111. Listening well in repair means —

(A) changing the subject (B) giving the other person your full attention (C) interrupting (D) planning your reply

112. Interrupting someone sharing their feelings usually —

(A) speeds up repair (B) makes them feel unheard (C) helps them (D) shows you care

113. 'Active listening' includes —

(A) looking away (B) ignoring the speaker (C) reflecting back what you heard (D) planning your defense

114. Listening does NOT mean —

(A) paying attention (B) understanding (C) caring (D) you have to agree with everything

115. A good listening response is —

(A) "Whatever." (B) "Tell me more about how that felt." (C) "You're wrong." (D) "Let me tell you why I'm right."

116. Listening in repair helps the other person feel —

(A) ignored (B) dismissed (C) heard and valued (D) blamed

Write the answer

117. Waiting until they finish before responding shows —

Answer: _____

118. Getting defensive while listening usually —

Answer: _____

119. A caring listening thought is —

Answer: _____

120. Body language for good listening includes —

Answer: _____

Match each question to its answer

1. Reflecting feelings back ('It sounds like you felt hurt') helps because it — →

2. If you didn't understand something, it's good to — →

3. Listening well requires setting aside — →

4. When someone feels truly listened to, they are often — →

5. Listening is a form of — →

- (A) ask a gentle question
 - (B) care and respect
 - (C) shows you understood
 - (D) the urge to defend or explain right away
 - (E) more open to repair
-

13. When You Are Hurt

Circle the correct answer

121. When someone hurts you, your feelings are —

- (A) unimportant (B) something to hide (C) always wrong (D) valid and worth honoring

122. It's okay to —

- (A) forgive instantly always (B) pretend you're fine (C) never have feelings (D) take time before you're ready to repair or forgive

123. Telling someone how they hurt you is —

- (A) pointless (B) a healthy part of repair (C) mean (D) wrong

124. Forgiveness is —

- (A) owed to whoever apologizes (B) impossible (C) required immediately (D) a choice you get to make in your own time

125. A sincere apology from someone who hurt you deserves —

- (A) no thought (B) genuine consideration (C) automatic rejection (D) instant forgiveness always

126. You can accept an apology AND —

- (A) must trust instantly (B) forget it happened (C) still need time to fully trust again (D) never trust again

Write the answer

127. When receiving repair, honest communication helps by —

Answer: _____

128. If an apology isn't sincere, you can —

Answer: _____

129. Holding onto a grudge forever tends to —

Answer: _____

130. Forgiving someone does NOT mean —

Answer: _____

Match each question to its answer

1. A caring thought when you're hurt is — →
2. Receiving repair well can include — →
3. You are allowed to have — →
4. If someone repeatedly hurts you without real change, it's okay to — →
5. Feeling both hurt AND caring toward someone is — →

- (A) possible and normal
 - (B) "My feelings matter, and I can share them."
 - (C) boundaries about what you need to feel safe
 - (D) acknowledging the other person's effort to repair
 - (E) protect yourself and reconsider the relationship
-

14. Boundaries & Safety

Circle the correct answer

131. A 'boundary' is —

(A) a way to control others (B) always mean (C) a punishment (D) a limit that protects your well-being

132. Setting a boundary is —

(A) healthy and okay (B) never allowed (C) always selfish (D) unkind by nature

133. Not every rupture can or should be repaired if —

(A) the person apologized (B) the relationship is unsafe or harmful (C) it's a small disagreement (D) you're just annoyed

134. If someone repeatedly harms you without changing, it's okay to —

(A) accept endless harm (B) never protect yourself (C) blame yourself (D) set a firm boundary or step back

135. Your SAFETY —

(A) always comes before repairing a relationship (B) comes after repair (C) doesn't matter (D) is less important than being nice

136. A boundary can sound like —

(A) "I need us to speak respectfully, or I'll take a break." (B) "I'll do whatever you want." (C) "You're a terrible person." (D) "I have no needs."

Write the answer

137. Setting a boundary is different from —

Answer: _____

138. If a rupture involves being bullied or unsafe, a good step is to —

Answer: _____

139. You can care about someone AND —

Answer: _____

140. Repair requires BOTH people to —

Answer: _____

Match each question to its answer

1. If the other person refuses to acknowledge harm, repair may — →

2. Choosing to step back from a harmful relationship is — →

3. A boundary helps relationships by — →

4. A caring boundary thought is — →

5. If you feel unsafe, the most important thing is to — →

(A) "I can care for the relationship AND care for myself."

(B) get to safety and tell a trusted adult

(C) showing what you need to feel safe and respected

(D) not be fully possible right now

(E) a valid, self-respecting choice

15. Repair Over Time

Circle the correct answer

141. Rebuilding trust after a big rupture usually takes —

(A) one apology only (B) no effort (C) time and consistent effort (D) an instant

142. Trust is rebuilt by —

(A) a single gift (B) words alone (C) repeated caring actions over time (D) ignoring the issue

143. Being patient with the repair process shows —

(A) that you don't care (B) impatience (C) weakness (D) respect for the other person's healing

144. If you expect trust to return instantly, you may feel —

(A) no feelings (B) always satisfied (C) frustrated, when patience would help more
(D) perfectly calm

145. A small setback during repair means —

(A) the process is ongoing, not that it failed (B) trust will never return (C) you
should give up (D) repair is impossible

146. Consistency (matching your words with actions) rebuilds trust because —

(A) actions don't matter (B) words are enough (C) consistency isn't needed (D) it
proves the change is real

Write the answer

147. Repair over time may include —

Answer: _____

148. Rushing someone to 'get over it' usually —

Answer: _____

149. A caring long-term repair thought is —

Answer: _____

150. Trust that is rebuilt slowly can become —

Answer: _____

Match each question to its answer

1. If the same rupture keeps happening, it may signal — →

2. Repair over time asks both people to — →

3. Celebrating small signs of reconnection can — →

4. Forgiveness and rebuilt trust are — →

5. Being trustworthy over time means — →

(A) related but not the same

(B) your actions consistently match your words

(C) a deeper issue to address together

(D) encourage the repair

(E) keep caring and communicating

16. Capstone: Whole Repair

Circle the correct answer

151. Whole repair combines —

(A) only listening (B) the 5 steps with empathy, accountability, and care (C) only boundaries (D) only an apology

152. The five steps are —

(A) notice harm, acknowledge, name impact, offer repair, re-engage (B) hide, hope, wait, ignore, move on (C) blame, deny, ignore, avoid, forget (D) win, argue, leave, sulk, wait

153. Repair works best with —

(A) shame for yourself only (B) empathy for the other person AND care for yourself (C) blame for others only (D) no feelings at all

154. Accountability without shame means —

(A) feeling worthless (B) denying everything (C) owning your part while still valuing yourself (D) blaming others

155. A sincere apology plus changed behavior equals —

(A) genuine repair (B) empty words (C) avoidance (D) a non-apology

156. Repair is a two-way process, so it works best when —

(A) only one tries (B) no one tries (C) both people participate with care (D) you force the other

Write the answer

157. Your SAFETY comes —

Answer: _____

158. Whole repair treats a rupture as —

Answer: _____

159. The most important goal of repair is to —

Answer: _____

160. Empathy helps you offer a repair that —

Answer: _____

Match each question to its answer

1. Whole repair includes knowing when a relationship is — →

2. Learning repair helps you build — →

3. A caring whole-repair mindset is — →

4. Repair is a lifelong SKILL that — →

5. The deepest sign of repair is — →

- (A) stronger, more resilient relationships
 - (B) keeps growing with practice
 - (C) unsafe and needs a boundary instead
 - (D) "Ruptures happen, and I can care for them with skill."
 - (E) both people feeling reconnected and understood
-

Riddle & Joke Break

Guess the answer, then check the key!

- 161.** In relationships, a "rupture" is a moment of conflict or hurt. Are ruptures a sign a friendship is broken?
- 162.** A real apology usually has three parts. What are they?
- 163.** Why is "I'm sorry you feel that way" NOT a real apology?
- 164.** What word can quietly cancel an apology?
- 165.** When a friend is hurt and upset, what often helps MORE than defending yourself?
- 166.** Why is it smart to cool down BEFORE trying to repair a conflict?
- 167.** Someone bumps you in the hall and you assume they did it on purpose. What's a healthier first assumption?
- 168.** Which opens a conversation, and which shuts it down: "I felt left out when that happened" or "You ALWAYS ignore me"?
- 169.** Why is a "rupture" in a friendship not the end of the world?
- 170.** Why did a good apology have three parts?
- 171.** Why is "I'm sorry you feel that way" a fake apology?
- 172.** Why did listening fix more than talking?
- 173.** Why did taking responsibility feel powerful, not weak?
- 174.** Why did seeing it from their side help?

Fun Facts

- Did you know? Relationship researchers use the phrase "rupture and repair." Conflicts (ruptures) happen in EVERY close relationship -- and the ability to repair them, not the absence of conflict, is what makes bonds strong!

- Did you know? A genuine apology has more than words. Naming what you did, showing you understand the impact, and offering to make it right -- that's what turns "sorry" into real repair!
 - Did you know? Feeling truly LISTENED TO can be more healing than any advice. When someone's hurt, being heard often matters more than being fixed -- so listening is a genuine repair skill!
 - Did you know? "I-statements" ("I felt left out when...") are easier to hear than "you-statements" ("You always..."). Sharing your own feeling honestly, without blaming, keeps a conversation open instead of triggering defensiveness!
 - Did you know? Trying to solve a conflict while you're still flooded with anger rarely works. Taking a short break to cool down first isn't giving up -- it lets your calm, thinking brain come back online!
 - Did you know? Forgiveness is mostly a gift to YOURSELF. Letting go of a grudge frees up the mental and emotional energy the grudge was quietly draining -- it doesn't mean the hurt didn't matter!
 - Did you know? Repairing a conflict can make a friendship STRONGER than before. Successfully working through a hard moment builds trust -- now you both know the relationship can survive disagreement!
 - Did you know? Assuming "good intent" -- guessing that a hurtful thing was probably an accident, not on purpose -- prevents a huge amount of unnecessary conflict. Most people aren't out to get you!
-

Answer Key

1. B — a moment of hurt or disconnection between people
2. C — the process of reconnecting after a rupture
3. C — in every relationship, even close ones
4. C — something needs care, not that the friendship is over
5. A — A misunderstanding or hurtful words
6. D — upset, and that's okay
7. that a rupture may be happening
8. noticed and cared for, not ignored
9. hopeful and empowering
10. shared, not just one person's fault always

Matching (What Is a Rupture?): 1→E, 2→C, 3→B, 4→D, 5→A

11. D — a normal part of any relationship
12. A — you are a bad friend
13. B — tired, stressed, or hungry
14. A — everyone has ruptures; you're not alone
15. B — still have a rupture
16. A — "We can disagree and still care about each other."
17. make ruptures feel scarier than they are
18. practice repair and understanding
19. feelings, needs, and ways of seeing things
20. time to calm down before repairing

Matching (Ruptures Are Normal): 1→A, 2→C, 3→D, 4→B, 5→E

21. B — notice that harm or hurt has happened
22. B — a change in how you or the other person feels
23. C — a tight chest or a knot in your stomach
24. A — they may be hurt
25. A — easier
26. C — gently check in with the person
27. honesty and self-awareness
28. "I think what I said hurt my friend's feelings."
29. seeing the other person's mood change after something you did
30. harshly blaming yourself

Matching (Step 1: Noticing Harm): 1→E, 2→A, 3→B, 4→C, 5→D

31. A — acknowledge the rupture and your part in it
32. C — openly recognizing that something happened
33. A — courage and honesty
34. A — "I realize I raised my voice, and that wasn't fair to you."
35. C — blaming the other person

36. A — the other person also had a part

37. "I did that," not "I did that, but..."

38. believing you're a bad person

39. seen and respected

40. keeps the hurt stuck

Matching (Step 2: Acknowledging): 1→E, 2→C, 3→D, 4→B, 5→A

41. B — name the impact the rupture had on the other person

42. B — the effect something had on a person

43. A — intention (what you meant to do)

44. A — the impact still matters

45. B — "I think that made you feel left out."

46. A — you understand how they were affected

47. makes the rupture worse

48. consider the other person's feelings

49. gently ask how they felt

50. empathy

Matching (Step 3: Naming the Impact): 1→A, 2→C, 3→E, 4→B, 5→D

51. D — offer a genuine way to make things right

52. C — acknowledging what you did and its impact

53. C — "I'm sorry I left you out. Can I sit with you at lunch?"

54. B — an apology, a kind action, or a change in behavior

55. A — the other person's needs, not just easing your own guilt

56. B — sincere

57. give the other person space to respond

58. "Fine, I said sorry, so we're good now, right?"

59. a caring repair offering

60. especially meaningful

Matching (Step 4: The Repair Offering): 1→B, 2→A, 3→C, 4→E, 5→D

61. D — re-engage — reconnect and move forward together
62. A — returning to connection after the rupture is cared for
63. A — feel the repair was genuine
64. C — pretending the rupture never happened
65. D — even stronger
66. D — a small, friendly moment together
67. normal; it can ease over time
68. both people are ready
69. leave the hurt unhealed
70. the relationship can hold both hard moments and good ones
Matching (Step 5: Re-engaging): 1→C, 2→E, 3→B, 4→D, 5→A
71. B — notice harm → acknowledge → name impact → offer repair → re-engage
72. A — noticing harm
73. C — re-engaging (reconnecting)
74. C — Naming the impact
75. A — in order, with care
76. D — you caused harm OR you were hurt
77. unheard
78. have many ruptures and repairs over time
79. Naming the impact
80. Acknowledging their part
Matching (The 5-Step Cycle): 1→C, 2→A, 3→B, 4→D, 5→E
81. D — understanding and sharing another person's feelings
82. C — trying to see a situation from another person's point of view
83. D — understand how the other person feels
84. D — "How might they be feeling right now?"
85. A — you have to agree with everything
86. C — listening carefully and reflecting their feelings back

- 87. reasons for their feelings you hadn't seen
 - 88. can be practiced and grown
 - 89. being caught up in your own feelings
 - 90. actually meets the other person's needs
- Matching (Empathy & Perspective-Taking): 1→A, 2→B, 3→C, 4→D, 5→E
- 91. C — owning your actions and their effects
 - 92. C — shame (feeling like a bad person)
 - 93. D — still be a good person
 - 94. A — "That was my choice, and I own the effect it had."
 - 95. A — blocks repair
 - 96. D — both your actions and their impact
 - 97. harsh self-punishment
 - 98. more
 - 99. look honestly at your part
- 100. explain their side without using it as an excuse
- Matching (Accountability): 1→C, 2→E, 3→A, 4→B, 5→D
- 101. B — acknowledges the harm and takes responsibility
 - 102. B — words that sound like an apology but avoid responsibility
 - 103. C — a non-apology (it blames their feelings)
 - 104. C — 'but' (which often erases the apology)
 - 105. C — "I'm sorry I broke your trust. That was wrong of me."
 - 106. A — instant forgiveness
 - 107. 'if' suggests you're not sure any harm happened
 - 108. what you did specifically
 - 109. Adding excuses for your behavior
 - 110. do better next time
- Matching (Sincere vs Non-Apology): 1→C, 2→E, 3→B, 4→A, 5→D
- 111. B — giving the other person your full attention

- 112. B — makes them feel unheard
- 113. C — reflecting back what you heard
- 114. D — you have to agree with everything
- 115. B — "Tell me more about how that felt."
- 116. C — heard and valued
- 117. respect
- 118. blocks understanding
- 119. "Let me really understand their experience."
- 120. eye contact and an open posture
Matching (Listening in Repair): 1→C, 2→A, 3→D, 4→E, 5→B
- 121. D — valid and worth honoring
- 122. D — take time before you're ready to repair or forgive
- 123. B — a healthy part of repair
- 124. D — a choice you get to make in your own time
- 125. B — genuine consideration
- 126. C — still need time to fully trust again
- 127. letting the other person understand your needs
- 128. kindly say you need more from them
- 129. keep the hurt alive in you
- 130. you have to pretend the hurt never happened
Matching (When You Are Hurt): 1→B, 2→D, 3→C, 4→E, 5→A
- 131. D — a limit that protects your well-being
- 132. A — healthy and okay
- 133. B — the relationship is unsafe or harmful
- 134. D — set a firm boundary or step back
- 135. A — always comes before repairing a relationship
- 136. A — "I need us to speak respectfully, or I'll take a break."
- 137. punishing someone

138. tell a trusted adult

139. still keep a boundary with them

140. participate in good faith

Matching (Boundaries & Safety): 1→D, 2→E, 3→C, 4→A, 5→B

141. C — time and consistent effort

142. C — repeated caring actions over time

143. D — respect for the other person's healing

144. C — frustrated, when patience would help more

145. A — the process is ongoing, not that it failed

146. D — it proves the change is real

147. checking in about how things are going

148. slows the repair

149. "I'll keep showing up with care."

150. strong and lasting

Matching (Repair Over Time): 1→C, 2→E, 3→D, 4→A, 5→B

151. B — the 5 steps with empathy, accountability, and care

152. A — notice harm, acknowledge, name impact, offer repair, re-engage

153. B — empathy for the other person AND care for yourself

154. C — owning your part while still valuing yourself

155. A — genuine repair

156. C — both people participate with care

157. before any repair

158. a repairable moment, not a permanent failure

159. heal and reconnect, not to win

160. meets the other person's real needs

Matching (Capstone: Whole Repair): 1→C, 2→A, 3→D, 4→B, 5→E

161. No! Ruptures happen in EVERY close relationship. What defines a strong friendship isn't avoiding conflict -- it's repairing it afterward.

162. Naming what you did, showing you understand the impact, and offering to make it right -- not just the words "I'm sorry."
163. Because it makes the other person's feelings the problem, instead of taking responsibility for what YOU actually did.
164. "But"! "I'm sorry, but you started it" erases the apology -- a genuine one stands on its own, no "but" attached.
165. Listening! Feeling truly heard is usually what a hurt person needs before anything can be fixed.
166. Because when you're flooded with big feelings, your thinking brain is offline -- a calm body makes a much better conversation.
167. That it was probably an accident! Assuming good intent prevents a lot of unnecessary conflict.
168. The first opens it (an I-statement); the second (a "you always") usually makes the other person defensive.
169. Because every close friendship has bumps -- what matters is the repair afterward!
170. Because "I'm sorry," "here's what I did," and "here's how I'll make it right" is the full package!
171. Because it blames the other person's feelings instead of owning what YOU did!
172. Because feeling truly heard is often what a hurt friend needs most!
173. Because owning your part is brave -- and it's what makes repair possible!
174. Because perspective-taking turns "you're wrong" into "oh, I get why you're upset"!

Spark & Anvil is a 501(c)(3) public charity. Apps + books are free forever.