

Rupturerepair — Flashcards

A Spark & Anvil printable flashcard deck. Quiz yourself on the Rupturerepair cast's curriculum — one card at a time.

How to use these cards

Fold each sheet down the middle line so the answers are hidden. Read the **question** on the left, say your answer out loud, then **unfold** to check the right side. Testing yourself — then checking — is one of the most powerful ways to remember. Get one wrong? That's the best kind of practice: try it again tomorrow.

Want real flashcards? Cut along the fold line and the rows into cards — question on one side, answer on the other.

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Rupturerepair — Flashcards

How to use these cards

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1. What Is a Rupture?

⌕ Question (fold →)	Answer
Noticing a body feeling like a tight chest during a conflict can be a sign —	that a rupture may be happening — Body feelings like a tight chest or a knot in your stomach can gently signal that a rupture is happening.
Which is a caring way to think about a friend after a rupture?	"We both have feelings here that matter." — A caring thought holds both people's feelings as mattering — a gentle starting point for repair.
Feeling nervous about repairing a rupture is —	normal, and you can still try — Feeling nervous about repair is normal — you can feel nervous and still take a caring step toward repair.
Having a rupture with a friend means —	something needs care, not that the friendship is over — A rupture means something in the relationship needs care and repair — it doesn't mean the friendship is over.
Which of these could cause a rupture?	A misunderstanding or hurtful words — A misunderstanding, hurtful words, or a broken promise can all cause a rupture.
Understanding ruptures helps you —	respond with care instead of panic — Understanding ruptures helps you respond with care and hope instead of panic or giving up.
When a rupture happens, it's common to feel —	upset, and that's okay — It's common and okay to feel upset, sad, or angry after a rupture — feelings are a normal response.
A 'rupture' in a friendship or relationship is —	a moment of hurt or disconnection between people — A rupture is a moment when a relationship feels hurt or disconnected — like after an argument or when feelings get hurt.
A friendship that has repaired a rupture can become —	stronger and more trusting — Working through a rupture and repairing it can make a friendship stronger and more trusting than before.
A small rupture and a big rupture both —	can be repaired with care — Both small and big ruptures can be repaired with care — the steps are similar.
A relationship with NO ruptures ever would be —	unrealistic; ruptures are part of being close — No relationship is free of ruptures; they are a natural part of being close to other people.
Ruptures are easier to repair when they are —	noticed and cared for, not ignored — Ruptures are easier to repair when we notice them and care for them, rather than ignoring them.
Which is a gentle first thought after a rupture?	"Something hurt here, and it can be cared for." — A gentle, hopeful thought — 'something hurt here, and it can be cared for' — helps more than harsh or hopeless ones.
The BEST summary of a rupture is —	a normal, repairable moment of hurt or disconnection in a relationship — A rupture is a normal, repairable moment of hurt or disconnection in a relationship.
The GOAL of learning about repair is to —	help relationships heal and grow — The goal of learning repair is to help relationships heal and grow — not to assign blame or prove who's right.
A 'repair' is —	the process of reconnecting after a rupture — A repair is what you do to reconnect and make things right after a rupture.
	leaves the hurt to grow — Ignoring a rupture usually leaves the hurt to grow;

Ignoring a rupture usually —	caring for it helps it heal.
Ruptures happen —	in every relationship, even close ones — Ruptures happen in every relationship, even the closest ones — they are a normal part of being human.
A rupture is a moment, not —	the whole story of a relationship — A rupture is one moment in a relationship — it doesn't define the whole friendship.
After a rupture, taking a breath can help you —	calm down enough to think about repair — Taking a calming breath helps settle strong feelings so you can think clearly about how to repair.
A friendship that survives a rupture can teach you that —	relationships can be resilient — A friendship that survives a rupture teaches that relationships can be resilient — they can heal and continue.
A rupture between two people is —	shared, not just one person's fault always — A rupture usually involves both people's feelings and actions — it's often shared, not just one person's fault.
The idea that ruptures can be repaired is —	hopeful and empowering — Knowing that ruptures can be repaired is hopeful — it means relationships can heal and even grow stronger.
Repair is a SKILL, which means it —	can be learned and practiced — Repair is a skill you can learn and practice — you get better at it over time.
Which is TRUE about ruptures?	They can happen even when no one meant to cause harm — Ruptures can happen by accident, even when no one meant to cause harm — a misunderstanding is enough.

2. Ruptures Are Normal

⌕ Question (fold →)	Answer
It's okay to need —	time to calm down before repairing — It's okay to take time to calm down before trying to repair — you don't have to fix everything instantly.
Accepting that ruptures are normal helps you —	face them with less fear — Accepting that ruptures are normal helps you face them with less fear and shame.
Having a disagreement does NOT mean —	you are a bad friend — Having a disagreement doesn't mean you're a bad friend — it means you're two people with different views.
If a rupture makes you feel ashamed, it helps to remember —	everyone has ruptures; you're not alone — If a rupture brings shame, remember everyone has ruptures — you're not alone, and it's not unforgivable.
Ruptures happen more easily when people are —	tired, stressed, or hungry — Ruptures happen more easily when we're tired, stressed, or hungry — our patience is lower then.
A friend who repairs a rupture with you is showing —	that the friendship matters to them — A friend who works to repair a rupture is showing that the friendship matters to them.
Two people can care about each other AND —	still have a rupture — People can deeply care about each other and still have ruptures — the two can be true at once.
Blaming yourself harshly for every rupture is —	not helpful; repair works better than harsh self-blame — Harsh self-blame doesn't help; being kind to yourself while taking responsibility works better for repair.
Which is a normal reason a rupture might happen?	You and a friend wanted different things — Wanting different things is a very normal reason a rupture might happen between friends.
The BEST summary of 'ruptures are normal' is —	conflict happens to everyone, and it's a repairable part of closeness — Ruptures are normal: conflict happens to everyone, and it's a repairable, natural part of being close.
A rupture is a chance to —	practice repair and understanding — A rupture is a chance to practice repair and build understanding — an opportunity, not just a problem.
A relationship where ruptures are NEVER repaired can —	build up distance over time — When ruptures are never repaired, unspoken hurts can build up and create distance over time.
Feeling relief after repairing a rupture shows —	repair helps you feel better — The relief we often feel after repairing a rupture shows how much repair helps us feel better.
A rupture can teach you something about —	yourself and the other person — Ruptures can teach you about yourself and the other person — what matters to each of you.
Conflict between friends is —	a normal part of any relationship — Conflict is a normal part of any relationship — even close friends disagree sometimes.
Which shows a rupture is normal?	Even families and best friends have them — Even families and best friends have ruptures — proof they're a normal part of close relationships.

Which is a KIND thing to remember during a rupture?	"This is hard, and we can get through it." — A kind reminder — 'this is hard, and we can get through it' — supports repair more than harsh thoughts.
Knowing ruptures are normal frees you to focus on —	repair instead of shame — Knowing ruptures are normal frees you to focus your energy on repair instead of shame.
Believing 'good friends never fight' can —	make ruptures feel scarier than they are — Believing good friends never fight is unrealistic and can make normal ruptures feel scarier than they are.
The pressure to be a 'perfect friend' who never ruptures is —	unrealistic and unfair to yourself — The pressure to be a perfect friend who never ruptures is unrealistic — be kind and realistic with yourself.
Different people have different —	feelings, needs, and ways of seeing things — People have different feelings, needs, and perspectives, which naturally leads to occasional ruptures.
Treating yourself kindly after a rupture helps you —	have the energy to repair it — Treating yourself kindly (instead of piling on shame) gives you the energy and clarity to repair the rupture.
Which is a healthy belief about conflict?	"We can disagree and still care about each other." — 'We can disagree and still care about each other' is a healthy belief that makes repair easier.
Which belief makes repair EASIER?	"Ruptures are normal and can be healed." — Believing ruptures are normal and healable makes it much easier to take repair steps.
Ruptures are part of —	learning to be close to people — Ruptures are part of learning to be close to people — closeness naturally includes them.

3. Step 1: Noticing Harm

⌘ Question (fold →)	Answer
Noticing harm is NOT about —	harshly blaming yourself — Noticing harm is about awareness and care, not harshly blaming yourself — it's a gentle, honest look.
Which shows noticing harm?	"I think what I said hurt my friend's feelings." — 'I think what I said hurt my friend's feelings' shows noticing harm — the first step of repair.
Noticing harm can feel uncomfortable, and that's —	okay; discomfort is part of caring — Noticing harm can feel uncomfortable, and that's okay — discomfort is a normal part of caring enough to repair.
Slowing down to notice your feelings helps you —	understand what happened — Slowing down to notice your feelings helps you understand what happened before you act.
Noticing YOUR OWN part in a rupture takes —	honesty and self-awareness — Noticing your own part in a rupture takes honesty and self-awareness — looking at yourself, not just the other person.
If you're not sure whether a rupture happened, you can —	gently check in with the person — If you're unsure, gently checking in ('Are we okay?') is a caring way to notice a possible rupture.
If you notice you feel defensive, that can be a clue that —	a rupture may have touched something important — Feeling defensive can be a clue that a rupture touched something important to you — worth noticing gently.
Noticing is a skill you can strengthen by —	paying gentle attention to feelings — yours and others' — You strengthen the noticing skill by paying gentle attention to feelings — your own and other people's.
Noticing harm to ANOTHER person requires —	paying attention to their feelings — Noticing harm to another person means paying attention to their feelings and reactions.
The FIRST step of repair is to —	notice that harm or hurt has happened — The first step of repair is noticing that harm or hurt has happened — you can't repair what you don't notice.
Noticing harm early makes repair —	easier — Noticing harm early, before it grows, usually makes repair easier.
A gentle way to notice is to ask yourself —	"How might the other person be feeling right now?" — Asking 'how might the other person be feeling?' is a gentle, caring way to notice harm.
Noticing harm honestly is a form of —	self-awareness and care — Noticing harm honestly combines self-awareness with care — a strong, kind first step.
A gentle way to check whether a rupture happened is to notice —	changes in the mood between you — Noticing a change in the mood or closeness between you is a gentle way to catch a rupture early.
Which is NOT a way to notice a rupture?	Assuming everything is always fine — Assuming everything is always fine is the opposite of noticing — it ignores the signals of a rupture.
The BEST summary of Step 1 is —	recognizing, with honesty and care, that a rupture has happened — Step 1 is noticing — recognizing, with honesty and care, that a rupture has happened.
A sign you may have caused harm is —	seeing the other person's mood change after something you did — A mood change in someone after something you said or did can be a sign you may have caused harm.

Noticing that YOU feel hurt is —	just as important as noticing you hurt someone — Noticing your own hurt matters just as much as noticing when you've hurt someone — both start repair.
A caring thought while noticing harm is —	"Something hurt here, and I want to understand it." — A caring thought — 'something hurt here, and I want to understand it' — supports the noticing step.
Which comes AFTER noticing harm in the repair cycle?	Acknowledging it — After noticing harm, the next step in the repair cycle is acknowledging it.
You might notice a rupture through —	a change in how you or the other person feels — You often notice a rupture through a change in feelings — tension, sadness, or distance between you.
Noticing harm is the foundation of repair because —	you must see the hurt to care for it — Noticing harm is the foundation of repair — you have to see the hurt before you can care for it.
A body signal that a rupture happened might be —	a tight chest or a knot in your stomach — Body signals like a tight chest or a stomach knot can gently tell you a rupture has happened.
Noticing another person seem quiet or withdrawn can be a sign —	they may be hurt — When someone becomes quiet or withdrawn, it can be a sign they're hurt — worth noticing gently.
A person who never notices ruptures may —	leave hurts unrepaired without meaning to — Someone who never notices ruptures may leave hurts unrepaired, even without meaning to.

4. Step 2: Acknowledging

⌕ Question (fold →)	Answer
Acknowledging without excuses sounds like —	"I did that," not "I did that, but..." — A clean acknowledgment says 'I did that' without piling on excuses like 'but you made me.'
Acknowledging the OTHER person's experience (not just your own) shows —	empathy — Acknowledging the other person's experience, not just your own, shows empathy and deepens repair.
Acknowledging your part is NOT the same as —	believing you're a bad person — Acknowledging what you did doesn't mean you're a bad person — you can own an action and still be a good person.
A gentle acknowledgment thought is —	"I can own my part with honesty and care." — 'I can own my part with honesty and care' is a gentle thought that supports acknowledging.
You can acknowledge a rupture even before you fully understand it, by saying —	"Something feels off between us, and I want to figure it out." — You can acknowledge a rupture before fully understanding it: 'Something feels off, and I want to figure it out.'
If you're not sure what you did, you can —	ask the other person to help you understand — If you're unsure what you did, asking the other person to help you understand is a caring move.
Acknowledging your part takes —	courage and honesty — Acknowledging your part in a rupture takes courage and honesty — it can be hard, and it's worth it.
Which comes AFTER acknowledging in the repair cycle?	Naming the impact — After acknowledging, the next step is naming the impact — how the rupture affected the other person.
Which is an acknowledgment?	"I realize I raised my voice, and that wasn't fair to you." — 'I realize I raised my voice, and that wasn't fair to you' acknowledges your part honestly.
You can acknowledge your part even if —	the other person also had a part — You can acknowledge your part even when the rupture was shared — you own your piece, not all of it.
Acknowledging can feel vulnerable, and vulnerability here is —	a strength — Acknowledging can feel vulnerable, and that vulnerability is actually a strength that builds trust.
Acknowledging your part opens the door to —	the next repair steps — Acknowledging your part opens the door to the next repair steps — naming impact and offering repair.
Acknowledging is easier when you remember —	everyone makes mistakes — Acknowledging is easier when you remember everyone makes mistakes — it's a human, forgivable thing.
The BEST summary of Step 2 is —	openly owning your part in the rupture, with honesty and courage — Step 2 is acknowledging — openly owning your part in the rupture, with honesty and courage.
Refusing to acknowledge a rupture usually —	keeps the hurt stuck — Refusing to acknowledge a rupture keeps the hurt stuck, with no path to repair.
Which is NOT an acknowledgment?	"I only did it because you started it." — 'I only did it because you started it' shifts blame instead of acknowledging — it's not real ownership.
Acknowledging is powerful	shows you take the relationship seriously — Acknowledging is powerful

because it —	because it shows the other person you take the relationship and their feelings seriously.
Even a small acknowledgment can —	help a lot — Even a small, honest acknowledgment can help a lot — it shows you're taking the rupture seriously.
The SECOND step of repair is to —	acknowledge the rupture and your part in it — The second step of repair is acknowledging the rupture — recognizing it happened and owning your part.
A caring acknowledgment focuses on —	what YOU did, not on attacking the other person — A caring acknowledgment focuses on what you did, rather than attacking the other person.
When you acknowledge honestly, the other person often feels —	seen and respected — Honest acknowledgment helps the other person feel seen and respected, which supports repair.
'Acknowledging' means —	openly recognizing that something happened — Acknowledging means openly recognizing that a rupture happened, rather than denying or hiding it.
Acknowledging is DIFFERENT from —	blaming the other person — Acknowledging means owning your part, which is different from blaming the other person.
Acknowledging a rupture out loud is often —	the first relief in a tense moment — Acknowledging a rupture out loud often brings the first relief in a tense moment — it names what everyone feels.
Acknowledging honestly builds —	trust — Honest acknowledgment builds trust, showing the other person you take responsibility.

5. Step 3: Naming the Impact

⌕ Question (fold →)	Answer
The other person's feelings about the impact are —	valid, even if different from what you expected — The other person's feelings about the impact are valid, even if they differ from what you expected.
Understanding impact helps you —	know what to repair — Understanding the impact helps you know what actually needs repairing.
Acknowledging impact does NOT require —	agreeing you're a terrible person — Naming impact means understanding the effect you had — not condemning yourself as terrible.
If you're not sure of the impact, you can —	gently ask how they felt — If you're unsure of the impact, gently asking 'how did that feel for you?' is a caring way to find out.
'Impact' means —	the effect something had on a person — Impact is the effect an action had on a person — how it actually landed for them.
Naming impact builds —	understanding between people — Naming impact builds understanding between people, deepening the repair.
If the other person's feelings surprise you, the caring response is to —	believe and explore their experience — If someone's feelings surprise you, believing and exploring their experience is more caring than arguing with it.
Naming impact shows the other person —	you understand how they were affected — Naming impact shows the other person that you understand how they were affected — a key part of repair.
The BEST summary of Step 3 is —	recognizing and naming how the rupture affected the other person, with empathy — Step 3 is naming the impact — recognizing, with empathy, how the rupture affected the other person.
Naming impact can be gentle, like —	"I think that might have felt unfair to you." — Naming impact can be gentle and tentative: 'I think that might have felt unfair to you' invites their view.
The THIRD step of repair is to —	name the impact the rupture had on the other person — The third step of repair is naming the impact — recognizing how the rupture affected the other person.
Impact matters MORE than intention when —	someone was actually hurt — When someone was actually hurt, the impact matters more than good intentions — the hurt is real either way.
A caring impact-naming thought is —	"How did this land for them?" — 'How did this land for them?' is a caring question that guides naming the impact.
Impact can be different from —	intention (what you meant to do) — Impact (how it landed) can be different from intention (what you meant) — you can hurt someone without meaning to.
Which comes AFTER naming impact in the repair cycle?	Offering repair — After naming impact, the next step is offering repair — a way to make things right.
When someone shares how a rupture affected them, the best response is to —	listen and take it in — When someone shares the impact a rupture had, listening and taking it in shows real care.
Dismissing impact ('You're too	makes the rupture worse — Dismissing someone's feelings ('you're too

sensitive') usually —	sensitive') usually makes a rupture worse, not better.
Naming impact is a form of —	empathy — Naming impact is a form of empathy — showing you understand how the other person was affected.
Naming impact requires setting aside —	the urge to defend yourself for a moment — Naming impact means setting aside the urge to defend yourself for a moment, to really understand their experience.
Naming impact sounds like —	"I think that made you feel left out." — 'I think that made you feel left out' names the impact — recognizing how the other person felt.
Even if you didn't MEAN to hurt someone, —	the impact still matters — Even if you didn't mean to cause harm, the impact — the other person's hurt — still matters and deserves care.
To name impact well, you need to —	consider the other person's feelings — Naming impact well requires considering the other person's feelings and perspective.
Naming impact well means valuing —	their experience, not just your intention — Naming impact well means valuing the other person's experience, not just your own intention.
The point of naming impact is to —	understand and care, not to feel guilty — The point of naming impact is to understand and care for the other person, not to drown in guilt.
Which is NOT naming impact?	"Whatever, it's not a big deal." — 'Whatever, it's not a big deal' dismisses the impact instead of naming it with care.

6. Step 4: The Repair Offering

⌕ Question (fold →)	Answer
The FOURTH step of repair is to —	offer a genuine way to make things right — The fourth step is the repair offering — offering a genuine way to make things right.
A repair offering can be —	an apology, a kind action, or a change in behavior — A repair offering can be a sincere apology, a kind action, or a promise to change behavior.
A good repair offering leaves the other person feeling —	cared for and respected — A good repair offering leaves the other person feeling cared for and respected.
A repair offering is not about —	making yourself feel better only — A repair offering isn't only about making yourself feel better — it's genuinely about the other person and the relationship.
A sincere apology usually includes —	acknowledging what you did and its impact — A sincere apology acknowledges what you did and its impact, without piling on excuses.
Which comes AFTER offering repair in the cycle?	Re-engaging (reconnecting) — After offering repair, the final step is re-engaging — reconnecting and moving forward together.
Which is NOT a genuine repair offering?	"Fine, I said sorry, so we're good now, right?" — Demanding instant closure ('so we're good now, right?') isn't a genuine offering — it pressures the other person.
The best repair offering fits —	what the other person actually needs — The best repair offering fits what the other person actually needs, which is why listening first helps.
Which is a genuine repair offering?	"I'm sorry I left you out. Can I sit with you at lunch?" — 'I'm sorry I left you out. Can I sit with you at lunch?' owns the harm and offers a caring action — a genuine offering.
A repair offering should focus on —	the other person's needs, not just easing your own guilt — A genuine offering focuses on the other person's needs and healing, not just on easing your own guilt.
A repair offering works best when it is —	sincere — A repair offering works best when it's sincere — the other person can usually tell.
Offering repair takes —	courage and care — Offering repair takes courage and care — it can feel vulnerable to reach out and try to make things right.
A repair offering can be as simple as —	a sincere 'I'm sorry' with a caring action — A repair offering can be simple: a sincere 'I'm sorry' paired with a caring action often means the most.
After offering repair, you should —	give the other person space to respond — After offering repair, give the other person space and time to respond — you can't demand forgiveness.
Saying sorry with a sarcastic tone —	usually isn't a genuine offering — A sarcastic 'sorry' usually isn't a genuine offering — the tone contradicts the words.
A repair offering that includes CHANGE (doing differently next time) is —	especially meaningful — A repair offering that includes changing your behavior next time is especially meaningful — it shows real care.
Asking 'How can I make this	a caring repair offering — Asking 'how can I make this right?' is a caring offering

right?' is —	that invites the other person's needs.
A genuine 'I'm sorry' does NOT include —	"...but you started it." — A genuine 'I'm sorry' doesn't add '...but you started it' — that shifts blame and weakens the offering.
The BEST summary of Step 4 is —	sincerely offering a genuine way to make things right — Step 4 is the repair offering — sincerely offering a genuine way to make things right.
A repair offering respects that the other person —	gets to decide how they feel — A genuine offering respects that the other person gets to decide how they feel and when they're ready.
A repair offering opens the door to —	reconnecting (re-engaging) — A genuine repair offering opens the door to the final step — reconnecting and re-engaging.
A repair offering is stronger when it —	matches the size of the hurt — A repair offering is stronger when it matches the size of the hurt — bigger hurts may need more than a quick sorry.
Which caring thought supports offering repair?	"I want to make this right for both of us." — 'I want to make this right for both of us' is a caring thought behind a genuine repair offering.
If your first offering isn't accepted, you can —	stay patient and keep caring — If your first offering isn't accepted right away, staying patient and continuing to care is the caring response.
Offering to repair even when it's awkward shows —	the relationship matters to you — Offering to repair even when it feels awkward shows the other person that the relationship matters to you.

7. Step 5: Re-engaging

⌕ Question (fold →)	Answer
A caring re-engaging thought is —	"We cared for this, and we can move forward." — 'We cared for this, and we can move forward' is a caring thought that supports re-engaging.
If one person isn't ready to re-engage, the caring response is to —	respect their need for time — If someone isn't ready to re-engage, respecting their need for time is the caring response.
Re-engaging is easier when both people —	feel the repair was genuine — Re-engaging is easier when both people feel the repair was genuine and their feelings were heard.
Re-engaging is worth the effort because —	the connection matters — Re-engaging is worth the effort because the connection and the relationship matter.
A sign re-engaging is going well is —	you can enjoy each other again — A sign re-engaging is going well is when you can genuinely enjoy each other's company again.
If trust was hurt, re-engaging may take —	time to rebuild — When trust was hurt, re-engaging and rebuilding that trust may take time — and that's okay.
Re-engaging means the relationship —	moves forward, carrying what you both learned — Re-engaging means moving the relationship forward, carrying forward what you both learned from the rupture.
After a repair, a friendship can sometimes feel —	even stronger — After a genuine repair, a friendship can sometimes feel even stronger and more trusting than before.
The whole repair cycle ends with —	reconnection, not blame — The repair cycle ends with reconnection — the goal is a restored relationship, not lasting blame.
Re-engaging does NOT mean —	pretending the rupture never happened — Re-engaging isn't about pretending the rupture never happened — it's about moving forward having cared for it.
Rushing to re-engage before repair is done can —	leave the hurt unhealed — Rushing to re-engage before the repair is genuinely done can leave the hurt unhealed underneath.
Re-engaging can begin with —	a small, warm gesture — Re-engaging can begin with a small, warm gesture — a smile, an invitation, a shared laugh.
A repaired and re-engaged friendship shows —	care and effort from both people — A repaired and re-engaged friendship shows care and effort from both people — something to feel good about.
Re-engaging after repair can teach you that —	relationships can survive and grow through ruptures — Re-engaging teaches that relationships can survive and even grow through ruptures when they're repaired.
Re-engaging doesn't require —	forgetting what you both learned — Re-engaging doesn't mean forgetting what you both learned — you carry that understanding forward.
If re-engaging feels shaky at first, the caring move is to —	be patient and keep showing up — If re-engaging feels shaky at first, being patient and continuing to show up with care helps it steady.
'Re-engaging' means —	returning to connection after the rupture is cared for — Re-engaging means returning to connection — spending time together again — after the rupture has been cared for.

Re-engaging shows that —	the relationship can hold both hard moments and good ones — Re-engaging shows a relationship can hold both hard moments and good ones — that it's resilient.
The BEST summary of Step 5 is —	reconnecting and moving forward together after the rupture is cared for — Step 5 is re-engaging — reconnecting and moving forward together after the rupture is genuinely cared for.
If re-engaging feels awkward at first, that's —	normal; it can ease over time — It's normal for re-engaging to feel a little awkward at first — that usually eases as you reconnect.
Re-engaging works best when —	both people are ready — Re-engaging works best when both people feel ready — it can't be forced on one person's timeline.
Re-engaging might start with —	a small, friendly moment together — Re-engaging can start with a small, friendly moment — sharing a laugh or doing an activity together.
Re-engaging completes the repair cycle because it —	restores the connection — Re-engaging completes the repair cycle by restoring the connection between people.
Re-engaging is a two-way process, meaning —	both people take part — Re-engaging is a two-way process — both people take part in reconnecting.
The FIFTH step of repair is to —	re-engage — reconnect and move forward together — The fifth step is re-engaging — reconnecting and moving forward together after the repair.

8. The 5-Step Cycle

⌕ Question (fold →)	Answer
The cycle can be used for —	small hurts and bigger ruptures alike — The repair cycle works for small everyday hurts and bigger ruptures alike.
The goal of the whole cycle is —	to heal the relationship, not to assign blame — The goal of the repair cycle is to heal the relationship, not to assign blame or prove who's right.
The BEST summary of the 5-step cycle is —	a clear, caring path: notice, acknowledge, name impact, offer repair, re-engage — The 5-step cycle is a clear, caring path through a rupture: notice harm, acknowledge, name impact, offer repair, and re-engage.
The cycle reminds us that ruptures are —	repairable — The repair cycle reminds us that ruptures are repairable — relationships can heal.
You can use the repair cycle when —	you caused harm OR you were hurt — The repair cycle helps whether you caused harm or were hurt — the steps guide repair in both directions.
Using the cycle even imperfectly is —	better than avoiding repair entirely — Using the repair cycle even imperfectly is far better than avoiding repair entirely — care matters more than perfection.
The FIRST step is —	noticing harm — The first step is noticing that harm or hurt has happened.
The LAST step is —	re-engaging (reconnecting) — The last step is re-engaging — reconnecting and moving forward.
Learning the cycle helps you feel —	more confident facing conflict — Knowing the repair cycle helps you feel more confident facing conflict — you have a path to follow.
The cycle can be used again whenever —	a new rupture happens — The repair cycle can be used again whenever a new rupture happens — it's a tool you return to throughout life.
A caring mindset for the whole cycle is —	"I care about this relationship enough to repair it." — 'I care about this relationship enough to repair it' is the caring mindset behind the whole cycle.
Which shows the cycle done well?	Both people feel heard and reconnected — The cycle is done well when both people feel heard and reconnected — the relationship is healed.
Practicing the cycle makes you —	better at caring for your relationships — Practicing the repair cycle makes you better at caring for your relationships over time.
A person practicing the cycle becomes —	a more caring, trustworthy friend — Practicing the repair cycle helps you become a more caring, trustworthy friend over time.
The cycle is called a 'cycle' because relationships —	have many ruptures and repairs over time — It's a 'cycle' because relationships naturally have many ruptures and repairs over time — the skill is used again and again.
The repair cycle is a SKILL that —	improves with practice — The repair cycle is a skill that improves with practice — you get better at each step over time.
Skipping the 'name impact' step can leave the other person feeling —	unheard — Skipping the 'name impact' step can leave the other person feeling unheard, weakening the repair.
If a repair attempt doesn't work the first time, you	try again with patience — If a repair attempt doesn't fully work at first, you can try

can —	again with patience — repair can take more than one try.
Which step involves the most EMPATHY?	Naming the impact — Naming the impact involves the most empathy — understanding how the other person was affected.
Using the cycle helps because it gives you —	a clear, caring path through a hard moment — The cycle gives you a clear, caring path to follow through a hard moment, so you're not lost.
The five steps of the repair cycle are —	notice harm → acknowledge → name impact → offer repair → re-engage — The repair cycle is: notice harm → acknowledge → name impact → offer repair → re-engage.
Which step takes the most COURAGE for someone who caused harm?	Acknowledging their part — Acknowledging your part often takes the most courage — it means honestly owning what you did.
Which step comes right after acknowledging?	Naming the impact — After acknowledging, the next step is naming the impact.
The cycle centers on —	care and repair, not perfection — The repair cycle centers on care and repair, not on being perfect or never rupturing.
The steps work best when done —	in order, with care — The steps work best done in order and with care — each one builds on the one before.

9. Empathy & Perspective-Taking

⌕ Question (fold →)	Answer
Perspective-taking can reduce —	misunderstandings — Perspective-taking reduces misunderstandings by helping you see where the other person is coming from.
Empathy grows when you —	pause your own reaction to consider theirs — Empathy grows when you pause your own reaction long enough to consider the other person's feelings.
A barrier to empathy during conflict is —	being caught up in your own feelings — Being caught up in your own strong feelings can block empathy — pausing them a moment helps you consider the other person.
A good empathy question is —	"How might they be feeling right now?" — 'How might they be feeling right now?' is a good empathy question for repair.
A person good at empathy can still —	disagree respectfully — Being good at empathy doesn't mean always agreeing — you can understand someone and still respectfully disagree.
Which shows perspective-taking?	"If I were in their place, I might feel hurt too." — 'If I were in their place, I might feel hurt too' shows genuine perspective-taking.
Curiosity about another's experience is —	a doorway to empathy — Genuine curiosity about another person's experience is a doorway to empathy.
Empathy helps you offer a repair that —	actually meets the other person's needs — Empathy helps you offer a repair that actually meets the other person's needs, not just your own.
Empathy is at the heart of —	caring repair — Empathy is at the heart of caring repair — it lets you truly understand and care for the other person.
Empathy is a SKILL, which means it —	can be practiced and grown — Empathy is a skill you can practice and grow — it gets stronger with use.
'Empathy' is —	understanding and sharing another person's feelings — Empathy is understanding and sharing another person's feelings — imagining what it's like for them.
A caring empathy thought is —	"Their feelings make sense from where they stand." — 'Their feelings make sense from where they stand' is a caring, empathetic thought.
'Perspective-taking' means —	trying to see a situation from another person's point of view — Perspective-taking is trying to see a situation from another person's point of view.
Feeling empathy for someone doesn't mean —	you have to fix all their feelings — Empathy means understanding someone's feelings — not that you must fix or take away all their feelings.
Empathy helps BOTH people because it —	builds understanding and connection — Empathy builds understanding and connection, helping both people in a relationship.
Perspective-taking helps prevent —	jumping to blame — Perspective-taking helps prevent jumping to blame, because you consider why the other person acted as they did.
The BEST summary of empathy & perspective-taking is —	understanding another's feelings and view to repair with care — Empathy and perspective-taking mean understanding another person's feelings and view, so you can repair with care.
Empathy helps repair because it lets you —	understand how the other person feels — Empathy helps repair by letting you understand how the other person feels, so you can care for the hurt.

When you take someone's perspective, you might discover —	reasons for their feelings you hadn't seen — Perspective-taking often reveals reasons for someone's feelings you hadn't seen before.
Empathy and self-awareness work together because —	you can care for others AND understand yourself — Empathy (understanding others) and self-awareness (understanding yourself) work together in repair.
A person who NEVER takes others' perspectives may —	struggle to repair ruptures — Someone who never takes others' perspectives may struggle to repair ruptures — they miss the other person's experience.
Empathy can be shown by —	listening carefully and reflecting their feelings back — Empathy can be shown by listening carefully and reflecting back what the other person feels.
Empathy does NOT require —	having had the exact same experience — You don't need to have had the exact same experience to empathize — imagining their feelings is enough.
Perspective-taking does NOT mean —	you have to agree with everything — Perspective-taking means understanding another's view — not that you must agree with everything.
Empathy makes repair feel —	warmer and more human — Empathy makes repair feel warmer and more human — the other person feels genuinely cared for.

10. Accountability

⌕ Question (fold →)	Answer
A leader or good friend models accountability by —	owning their own mistakes openly — Good friends and leaders model accountability by openly owning their own mistakes.
Accountability is about the FUTURE too, because it includes —	committing to do better — Accountability includes the future — committing to do better next time, not just acknowledging the past.
Accountability includes a willingness to —	change your behavior going forward — Accountability includes a genuine willingness to change your behavior going forward, not just words.
'Accountability' means —	owning your actions and their effects — Accountability means owning your actions and their effects — taking responsibility for your part.
A person who models accountability makes it —	safer for others to be accountable too — When you model accountability, you make it safer and easier for others to be accountable too.
Accountability includes owning —	both your actions and their impact — Accountability includes owning both what you did and the impact it had on others.
A person who takes accountability can still —	explain their side without using it as an excuse — You can explain your side while still being accountable — the difference is not using the explanation as an excuse to avoid ownership.
Accountability is a CHOICE to —	look honestly at your part — Accountability is a choice to look honestly at your part in what happened.
Accountability is DIFFERENT from —	shame (feeling like a bad person) — Accountability means owning what you did; shame is feeling you're a bad person. You can be accountable without shame.
Avoiding accountability protects your ego short-term but —	harms your relationships long-term — Avoiding accountability may protect your ego briefly, but it harms your relationships over time.
Which shows accountability?	"That was my choice, and I own the effect it had." — 'That was my choice, and I own the effect it had' shows genuine accountability.
Accountability helps YOU by —	letting you learn and grow — Accountability helps you learn from mistakes and grow — it's part of becoming a better friend and person.
Which is NOT accountability?	"I'm only sorry because I got caught." — 'I'm only sorry because I got caught' isn't genuine accountability — real accountability owns the harm itself.
Accountability turns a mistake into —	a chance to repair and learn — Accountability turns a mistake into a chance to repair the relationship and learn something.
Accountability sounds like —	"I'm responsible for what I did." — Accountability sounds like 'I'm responsible for what I did' — a clear, honest ownership.
Being accountable helps a friend feel —	respected and safe — When you take accountability, your friend feels respected and safe, which helps repair happen.
The BEST summary of	owning your actions and their impact, without shame, to repair and grow —

accountability is —	Accountability is owning your actions and their impact — without shame — so you can repair relationships and grow.
Accountability makes repair possible because —	you can't repair what you won't own — Accountability makes repair possible — you can't genuinely repair harm you won't own.
Healthy accountability avoids —	harsh self-punishment — Healthy accountability avoids harsh self-punishment — you own your part with honesty AND self-kindness.
Blaming others instead of being accountable usually —	blocks repair — Blaming others instead of taking accountability usually blocks repair — nothing gets owned or healed.
A caring accountability thought is —	"I can own this and still care for myself." — 'I can own this and still care for myself' is a caring, balanced accountability thought.
Accountability and self-compassion —	can go together — Accountability and self-compassion can go together — you can own your part while being kind to yourself.
Taking accountability can actually make others trust you —	more — Taking accountability often makes others trust you more — it shows you're honest and responsible.
If you struggle to take accountability, it may help to remember —	everyone makes mistakes; owning them is brave — If accountability feels hard, remember everyone makes mistakes and owning them is a brave, respected thing.
You can be accountable AND —	still be a good person — You can take accountability for a mistake and still be a good person — good people own their mistakes.

11. Sincere vs Non-Apology

⌕ Question (fold →)	Answer
"I'm sorry IF I hurt you" is weaker because —	'if' suggests you're not sure any harm happened — 'Sorry if I hurt you' is weak because 'if' suggests you're not sure harm happened, dodging responsibility.
A sincere apology avoids the word —	'but' (which often erases the apology) — A sincere apology avoids 'but' ('sorry, but you...'), which shifts blame and erases the apology.
A non-apology often uses —	'if' or 'but' to dodge responsibility — Non-apologies often use 'if' ('sorry if...') or 'but' ('sorry, but...') to dodge real responsibility.
The BEST summary of sincere vs non-apology is —	a sincere apology owns the harm and its impact; a non-apology dodges responsibility — A sincere apology owns the harm and its impact and commits to better; a non-apology dodges responsibility with excuses or blame.
A sincere apology does NOT demand —	instant forgiveness — A sincere apology doesn't demand instant forgiveness — it gives the other person space to respond.
Tone matters in an apology because —	a sarcastic tone can undo sincere words — Tone matters — a sarcastic or annoyed tone can undo even the right words, making an apology feel insincere.
A sincere apology respects that forgiveness —	is the other person's choice — A sincere apology respects that forgiveness is the other person's choice — it can't be demanded.
Learning the difference helps you —	give apologies that actually repair — Learning the difference helps you give sincere apologies that actually repair the rupture.
Which weakens an apology?	Adding excuses for your behavior — Adding excuses ('I only did it because...') weakens an apology by shifting away from responsibility.
Which is a SINCERE apology?	"I'm sorry I broke your trust. That was wrong of me." — 'I'm sorry I broke your trust. That was wrong of me.' clearly owns the harm — a sincere apology.
A non-apology leaves the other person feeling —	unheard or blamed — A non-apology often leaves the other person feeling unheard or blamed, which doesn't repair the rupture.
A sincere apology centers on —	the other person's experience — A sincere apology centers on the other person's experience and healing, not just easing your own discomfort.
A 'non-apology' is —	words that sound like an apology but avoid responsibility — A non-apology uses apology-like words but avoids taking real responsibility.
The best proof of a sincere apology is —	changed behavior over time — The best proof that an apology was sincere is changed behavior over time.
An over-the-top, dramatic apology can sometimes —	put pressure on the other person — An over-the-top apology can sometimes pressure the other person to comfort YOU — a simple sincere one is often better.

Apologizing sincerely takes —	humility and courage — A sincere apology takes humility (to own your part) and courage (to say it out loud).
The core of a sincere apology is —	genuinely understanding and owning the harm — The core of a sincere apology is genuinely understanding and owning the harm you caused.
Which turns an apology into a non-apology?	Shifting blame back to the other person — Shifting blame back to the other person turns an apology into a non-apology.
A sincere apology —	acknowledges the harm and takes responsibility — A sincere apology acknowledges the harm you caused and takes responsibility for it.
A caring apology thought is —	"I want them to know I truly understand the harm." — 'I want them to know I truly understand the harm' is the caring intent behind a sincere apology.
A sincere apology respects the other person's —	right to feel however they feel — A sincere apology respects the other person's right to feel however they feel about it.
A strong apology names —	what you did specifically — A strong apology names specifically what you did ('I interrupted you and dismissed your idea'), not a vague 'sorry.'
"I'm sorry you feel that way" is usually —	a non-apology (it blames their feelings) — 'I'm sorry you feel that way' is usually a non-apology — it blames the other person's feelings instead of owning the harm.
Which is a genuine sign of a sincere apology?	You change your behavior afterward — Changing your behavior afterward is a genuine sign that an apology was sincere.
A sincere apology often includes a plan to —	do better next time — A sincere apology often includes a commitment to do better — showing you've learned.

12. Listening in Repair

⌕ Question (fold →)	Answer
The BEST summary of listening in repair is —	giving full attention to truly understand the other person — Listening in repair means giving your full attention to truly understand the other person.
Good listening turns repair into —	a shared, two-way process — Good listening turns repair into a shared, two-way process where both people feel heard.
Both people listening to each other creates —	mutual understanding — When both people listen to each other, they build the mutual understanding that repair needs.
Listening well requires setting aside —	the urge to defend or explain right away — Listening well requires setting aside the urge to immediately defend or explain, so you can truly hear the other person.
Reflecting back what you heard shows the other person —	you truly understood — Reflecting back what you heard ('So you felt ignored?') shows the other person you truly understood.
Listening in repair helps the other person feel —	heard and valued — Good listening helps the other person feel heard and valued — a key part of repair.
When someone feels truly listened to, they are often —	more open to repair — When someone feels truly listened to, they're often more open to repair and reconnecting.
A good listening response is —	"Tell me more about how that felt." — 'Tell me more about how that felt' is a good listening response — it invites the other person to share.
Body language for good listening includes —	eye contact and an open posture — Good listening body language includes eye contact and an open, attentive posture.
A poor listening habit is —	planning your response while they're still talking — Planning your response while someone is still talking is a poor listening habit — you miss what they're saying.
Good listening makes the other person more likely to —	listen to you in return — When you listen well, the other person is often more willing to listen to you in return.
Waiting until they finish before responding shows —	respect — Waiting until the other person finishes before responding shows respect for what they're sharing.
'Active listening' includes —	reflecting back what you heard — Active listening includes reflecting back what you heard ('So you felt left out?') to show you understood.
A key part of listening is —	not planning your reply while they speak — A key part of listening is not planning your reply while the other person is still speaking — just hear them.
Listening does NOT mean —	you have to agree with everything — Listening means understanding the other person — not that you must agree with everything they say.
Reflecting feelings back ('It sounds like you felt hurt') helps because it —	shows you understood — Reflecting feelings back shows the other person you understood, which deepens repair.
Silence while listening can be —	helpful, giving them space to share — A little silence while listening can be helpful, giving the other person space to think and share.
Listening well in repair means	giving the other person your full attention — Listening well in repair means

—	giving the other person your full attention to really hear them.
Listening is a form of —	care and respect — Listening is a form of care and respect — giving someone your full attention is a real gift.
Interrupting someone sharing their feelings usually —	makes them feel unheard — Interrupting someone sharing their feelings usually makes them feel unheard — let them finish first.
Listening with an open mind means —	being willing to learn something new about their experience — Listening with an open mind means being willing to learn something new about the other person's experience.
Listening well can help you discover —	what the other person truly needs for repair — Listening well helps you discover what the other person truly needs for the rupture to be repaired.
Getting defensive while listening usually —	blocks understanding — Getting defensive while listening blocks understanding — try to set defensiveness aside and just hear them.
If you didn't understand something, it's good to —	ask a gentle question — If you didn't understand something, asking a gentle clarifying question is better than pretending.
A caring listening thought is —	"Let me really understand their experience." — 'Let me really understand their experience' is a caring thought that supports good listening.

13. When You Are Hurt

⌕ Question (fold →)	Answer
A caring thought when you're hurt is —	"My feelings matter, and I can share them." — 'My feelings matter, and I can share them' is a caring thought when you've been hurt.
If someone repeatedly hurts you without real change, it's okay to —	protect yourself and reconsider the relationship — If someone repeatedly hurts you without genuine change, it's okay to protect yourself and reconsider the relationship.
You are allowed to have —	boundaries about what you need to feel safe — When you're hurt, you're allowed to have boundaries about what you need to feel safe and cared for.
A sincere apology from someone who hurt you deserves —	genuine consideration — A sincere apology deserves genuine consideration, though you still get to decide how and when to respond.
Holding onto a grudge forever tends to —	keep the hurt alive in you — Holding a grudge forever tends to keep the hurt alive inside you — repair or letting go can bring relief.
You get to decide the PACE of —	your own forgiveness and reconnection — You get to decide the pace of your own forgiveness and reconnection — no one can rush it for you.
You get to decide —	when and whether you're ready to reconnect — You get to decide when and whether you're ready to reconnect — your feelings and pace matter.
When you're ready, expressing what you need for repair helps because —	the other person can't read your mind — Expressing what you need for repair helps because the other person can't read your mind.
Being open to receiving repair takes —	courage and care too — Being open to receiving repair takes courage and care too — it means being willing to reconnect.
When you've been hurt, sharing your feelings honestly helps by —	letting the other person understand you — When you've been hurt, sharing your feelings honestly helps the other person understand and repair.
Accepting a sincere apology can feel —	relieving and freeing — Accepting a sincere apology can feel relieving and freeing — letting go of holding the hurt.
If an apology isn't sincere, you can —	kindly say you need more from them — If an apology isn't sincere, you can kindly say what you still need — for example, that you need them to understand the impact.
Forgiving someone does NOT mean —	you have to pretend the hurt never happened — Forgiving doesn't mean pretending the hurt never happened — it means choosing to let go of holding it against them.
You can accept an apology AND —	still need time to fully trust again — You can accept an apology and still need time to fully rebuild trust — those can both be true.
When someone hurts you, your feelings are —	valid and worth honoring — When someone hurts you, your feelings are valid and worth honoring — you don't have to hide or dismiss them.
The BEST summary of receiving repair is —	honoring your feelings and needs while considering the other person's repair — Receiving repair means honoring your own feelings and needs while genuinely considering the other person's effort to repair.

If you need something more to feel repaired, you can —	kindly ask for it — If you need something more to feel repaired, kindly asking for it is better than staying silently resentful.
It's okay to —	take time before you're ready to repair or forgive — It's okay to take time before you're ready to repair or forgive — healing has its own pace.
Forgiveness is —	a choice you get to make in your own time — Forgiveness is a choice you get to make in your own time — no one can demand it from you.
Telling someone how they hurt you is —	a healthy part of repair — Telling someone how they hurt you (kindly and honestly) is a healthy part of repair — it helps them understand.
Receiving a repair with an open heart takes —	courage too — Receiving repair with an open heart takes courage too — it means being willing to reconnect.
Feeling both hurt AND caring toward someone is —	possible and normal — You can feel both hurt and caring toward the same person — mixed feelings are normal.
Receiving repair well can include —	acknowledging the other person's effort to repair — Receiving repair well can include acknowledging the other person's genuine effort to make things right.
When receiving repair, honest communication helps by —	letting the other person understand your needs — Honest communication when you're hurt helps the other person understand your feelings and needs.
Both giving AND receiving repair are —	important skills — Both giving repair and receiving it are important relationship skills — repair goes both ways.

14. Boundaries & Safety

⌕ Question (fold →)	Answer
If someone repeatedly harms you without changing, it's okay to —	set a firm boundary or step back — If someone repeatedly harms you without genuine change, setting a firm boundary or stepping back is okay and wise.
If a rupture involves being bullied or unsafe, a good step is to —	tell a trusted adult — If a rupture involves bullying or feeling unsafe, telling a trusted adult is a strong, caring step.
Your SAFETY —	always comes before repairing a relationship — Your safety always comes before repairing a relationship — no repair is worth staying in harm.
If someone won't respect a clear boundary, it's okay to —	get support and step back — If someone repeatedly won't respect a clear boundary, it's okay to get support from a trusted adult and step back.
You are NOT responsible for —	someone else's choice to keep causing harm — You are responsible for your own actions, but not for someone else's choice to keep causing harm.
Protecting yourself is —	a caring thing to do for YOU — Protecting yourself with boundaries is a caring thing to do for yourself — self-care is healthy.
A 'boundary' is —	a limit that protects your well-being — A boundary is a limit you set to protect your own well-being and safety.
If you feel unsafe, the most important thing is to —	get to safety and tell a trusted adult — If you feel unsafe, getting to safety and telling a trusted adult is the most important thing — before any repair.
A boundary helps relationships by —	showing what you need to feel safe and respected — Boundaries help relationships by clearly showing what you need to feel safe and respected.
A trusted adult can help when —	a rupture feels too big or unsafe to handle alone — A trusted adult can help when a rupture feels too big, harmful, or unsafe to handle on your own.
Choosing to step back from a harmful relationship is —	a valid, self-respecting choice — Choosing to step back from a harmful relationship is a valid, self-respecting choice — not a failure.
Setting a boundary is different from —	punishing someone — A boundary protects you; it's different from punishing someone. It's about your needs, not revenge.
If the other person refuses to acknowledge harm, repair may —	not be fully possible right now — If the other person refuses to acknowledge harm, full repair may not be possible right now — and that isn't your fault.
Boundaries and repair —	can work together (boundaries make safe repair possible) — Boundaries and repair work together — healthy boundaries can make safe, genuine repair possible.
A boundary can sound like —	"I need us to speak respectfully, or I'll take a break." — 'I need us to speak respectfully, or I'll take a break' is a clear, calm boundary.
Not every rupture can or should be repaired if —	the relationship is unsafe or harmful — Not every rupture should be repaired — if a relationship is unsafe or repeatedly harmful, protecting yourself comes first.
A boundary is best stated	calmly and clearly — A boundary is best stated calmly and clearly, so the other

—	person understands what you need.
A caring boundary thought is —	"I can care for the relationship AND care for myself." — 'I can care for the relationship AND care for myself' is a caring, balanced boundary thought.
The BEST summary of boundaries & safety is —	your safety comes first, and healthy boundaries protect you while allowing safe repair — Boundaries and safety mean your well-being comes first, and healthy boundaries protect you while allowing safe repair when it's possible.
The difference between a rupture to repair and a relationship to leave is often —	whether it's safe and both people care — The difference between a rupture worth repairing and a relationship to leave often comes down to safety and whether both people genuinely care.
Knowing when NOT to repair is —	an important part of caring for yourself — Knowing when repair isn't safe or possible — and setting a boundary — is an important part of caring for yourself.
Setting a boundary is —	healthy and okay — Setting a boundary is healthy and okay — it protects you and can even strengthen relationships.
Repair requires BOTH people to —	participate in good faith — Genuine repair requires both people to participate in good faith — one person can't repair a relationship alone.
You can care about someone AND —	still keep a boundary with them — You can care about someone and still keep a healthy boundary — caring doesn't mean accepting harm.
Having a boundary does NOT make you —	a bad or unkind person — Having a boundary doesn't make you a bad or unkind person — it's a healthy way to protect yourself.

15. Repair Over Time

⌕ Question (fold →)	Answer
Consistency (matching your words with actions) rebuilds trust because —	it proves the change is real — Consistency — actions that match your words over time — rebuilds trust by proving the change is genuine.
Forgiveness and rebuilt trust are —	related but not the same — Forgiveness and rebuilt trust are related but not identical — you might forgive before trust is fully restored.
Patience with yourself during repair is —	also important — Being patient with yourself during repair matters too — you're learning and growing, and that takes time.
Noticing a friendship slowly feeling closer again is a sign that —	repair is working over time — Noticing a friendship slowly feel closer again is a sign that repair is working over time.
Trust that is rebuilt slowly can become —	strong and lasting — Trust that is rebuilt slowly and genuinely can become strong and lasting.
Patience with the repair process reflects —	respect and hope — Patience with the repair process reflects respect for the other person and hope for the relationship.
Rushing someone to 'get over it' usually —	slows the repair — Rushing someone to 'get over it' usually slows repair — healing can't be forced.
Repair over time is worth it because —	deep relationships are built through it — Repair over time is worth it — deep, resilient relationships are built through weathering and repairing ruptures.
Trust is rebuilt by —	repeated caring actions over time — Trust is rebuilt by repeated caring actions over time, showing the change is real.
Being trustworthy over time means —	your actions consistently match your words — Being trustworthy over time means your actions consistently match your words, especially when it's tested.
If you expect trust to return instantly, you may feel —	frustrated, when patience would help more — Expecting instant trust can lead to frustration; patience serves the repair better.
Repair over time asks both people to —	keep caring and communicating — Repair over time asks both people to keep caring and communicating as trust rebuilds.
If trust can't be fully rebuilt despite genuine effort, it's okay to —	accept the relationship may change — If trust can't be fully rebuilt despite genuine effort from both sides, it's okay to accept the relationship may change.
The deepest relationships often include —	ruptures that were repaired over time — The deepest relationships often include ruptures that were repaired over time — that's part of what makes them strong.
Repair over time may include —	checking in about how things are going — Repair over time can include gently checking in about how the relationship is going.
Rebuilding trust is easier when both people —	keep communicating openly — Rebuilding trust is easier when both people keep communicating openly about how things are going.
Celebrating small signs of	encourage the repair — Noticing and appreciating small signs of reconnection

reconnection can —	can encourage the ongoing repair.
Rebuilding trust after a big rupture usually takes —	time and consistent effort — Rebuilding trust after a big rupture usually takes time and consistent, caring effort — not just one apology.
Being patient with the repair process shows —	respect for the other person's healing — Being patient with the repair process shows respect for the other person's healing timeline.
The BEST summary of repair over time is —	rebuilding trust through patience and consistent, caring actions — Repair over time is rebuilding trust through patience and consistent, caring actions from both people.
A caring long-term repair thought is —	"I'll keep showing up with care." — 'I'll keep showing up with care' is a caring thought for repair that takes time.
A repair that takes time is —	still a real and worthwhile repair — A repair that takes time is still a real and worthwhile repair — healing doesn't have to be instant.
If the same rupture keeps happening, it may signal —	a deeper issue to address together — If the same rupture keeps happening, it may signal a deeper issue that the two people need to address together.
The strongest relationships are often ones that have —	weathered and repaired ruptures together — The strongest relationships are often ones that have weathered ruptures and repaired them together over time.
A small setback during repair means —	the process is ongoing, not that it failed — A small setback during repair is normal — it means the process is ongoing, not that it failed.

16. Capstone: Whole Repair

⌕ Question (fold →)	Answer
Repair is a lifelong SKILL that —	keeps growing with practice — Repair is a lifelong skill that keeps growing with practice — useful in every relationship, at every age.
Accountability without shame means —	owning your part while still valuing yourself — Accountability without shame means owning your part while still knowing you're a good, worthy person.
The five steps are —	notice harm, acknowledge, name impact, offer repair, re-engage — The five steps are: notice harm, acknowledge, name impact, offer repair, and re-engage.
Carrying these skills forward, you should now be able to —	move through a rupture with care using the repair steps — The capstone goal: move through a rupture with care, using the repair steps and skills you've learned.
Whole repair combines —	the 5 steps with empathy, accountability, and care — Whole repair combines the 5-step cycle with empathy, accountability, listening, and care.
A sincere apology plus changed behavior equals —	genuine repair — A sincere apology backed by changed behavior equals genuine repair.
The single most important thing to remember about repair is —	relationships can heal, and repair is a skill you can learn — The key takeaway: relationships can heal, and repair is a caring skill you can learn and practice.
The deepest sign of repair is —	both people feeling reconnected and understood — The deepest sign of repair is both people feeling genuinely reconnected and understood.
The five repair steps work together with —	empathy, accountability, listening, and care — The five repair steps work together with empathy, accountability, listening, and care to heal relationships.
Learning repair helps you build —	stronger, more resilient relationships — Learning repair helps you build stronger, more resilient relationships that can weather ruptures.
Repair works best with —	empathy for the other person AND care for yourself — Repair works best when you hold empathy for the other person and care for yourself at the same time.
Whole repair keeps YOUR wellbeing in view by —	including safety and boundaries — Whole repair keeps your wellbeing in view — including safety and boundaries alongside caring for the relationship.
Repair is a two-way process, so it works best when —	both people participate with care — Repair is two-way — it works best when both people participate with care and good faith.

The BEST one-sentence summary of RuptureRepair is —	notice, acknowledge, name impact, offer repair, and re-engage — with empathy, accountability, and care for yourself and others — RuptureRepair in one line: notice, acknowledge, name impact, offer repair, and re-engage — with empathy, accountability, and care for yourself and others.
Because ruptures are normal, the repair skill is —	something everyone can use throughout life — Because ruptures are a normal part of every relationship, repair is a skill everyone can use throughout life.
Whole repair includes knowing when a relationship is —	unsafe and needs a boundary instead — Whole repair includes wisdom about when a relationship is unsafe and needs a boundary rather than more repair attempts.
Whole repair treats a rupture as —	a repairable moment, not a permanent failure — Whole repair treats a rupture as a repairable moment, not a permanent failure or the end of a relationship.
A caring whole-repair mindset is —	"Ruptures happen, and I can care for them with skill." — 'Ruptures happen, and I can care for them with skill' is the caring, confident whole-repair mindset.
Your SAFETY comes —	before any repair — Your safety always comes before any repair — no relationship repair is worth staying in harm.
A caring final thought about repair is —	"Ruptures happen, and relationships can heal." — 'Ruptures happen, and relationships can heal' is a caring, true final thought about repair.
The most important goal of repair is to —	heal and reconnect, not to win — The most important goal of repair is to heal the relationship and reconnect — not to win or assign blame.
Self-compassion during repair helps you —	own your mistakes without being crushed by shame — Self-compassion helps you own your mistakes without being crushed by shame — so you can keep learning and repairing.
Empathy helps you offer a repair that —	meets the other person's real needs — Empathy helps you offer a repair that meets the other person's real needs, not just your own comfort.
The gift of learning repair is —	the confidence to care for your relationships through hard moments — The gift of learning repair is the confidence to care for your relationships through hard moments — a skill for life.
Repair honors BOTH —	the relationship and each person's feelings — Repair honors both the relationship and each person's feelings — caring for the connection and the people in it.

Keep going

You practiced **400 cards** from Rupturerepair. Come back to the ones you missed — spaced-out practice makes them stick.

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