

Rupturerepair — Reflection

Journal

This is your space to think and notice. You can write, draw, or just sit with a question — skip any page you want. Nothing here is graded or shared.

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How are you arriving?

How are you arriving today? Notice what's happening in your body — your breath, your shoulders, how much energy you have. All of it is okay.

Thinking with See-It

*See-It is about **Notice harm**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Sorry

*Sorry is about **Acknowledge**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Felt

*Felt is about **Name-impact**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Offer

*Offer is about **Offer-repair**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Together

*Together is about **Re-engage**.*

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Eddy

*Eddy is about **Helps you steady yourself first, because you cannot mend anything while a big feeling is still rushing through you..***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Lee

*Lee is about **Shows that you can receive an apology from a safe place, at your own pace, without rushing to say it is okay.***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Ease

*Ease is about **Once you have made a real mend, helps you let the other person come back in their own time, with no pushing.***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Grace

*Grace is about **Reminds you that you can be truly sorry and still be worthy, so shame never stops you from repairing.***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Levee

*Levee is about **Shows that you can forgive someone and still keep a kind, clear limit that makes it safe to stay close..***

Write about a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Before you close this

What's one thing you tried hard at, or are still figuring out? The effort is the part that matters — not getting it perfect.

A note for grown-ups. This journal is just a gentle, private space to notice feelings — nothing here is graded, scored, or shared, and there are no wrong answers. If something a young person writes about feels too big to hold alone, it always helps to talk with a trusted grown-up. In the US you can also call or text **988** (the Suicide & Crisis Lifeline) or text **HOME to 741741** (Crisis Text Line), anytime.

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