

Rupturerepair — Concept Poster

Print this and pin it up — an at-a-glance map of the Rupturerepair cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
See-It	Notice harm — soft warm-russet deer-tween in chunky moss-green vest; ears literally perked + eyes wide + one hoof raised mid-step; doesn't pretend not to see what just happened
Sorry	Acknowledge — soft cream-and-amber otter-tween in chunky soft-blue scarf; palms-up open-hands level bow-pose (NOT cringe); treats acknowledgment as skill, never proof of badness
Felt	Name-impact — round soft-grey-and-cream badger-tween with tiny notebook + soft-charcoal pencil; mid-listening with head tilted; never assumes — always asks-then-listens
Offer	Offer-repair — warm-amber raccoon-tween with chunky-paw extended palm-up holding small soft hand-folded paper-crane (universal not specific cultural symbol); never grasping
Together	Re-engage — two warm-cream-and-russet sparrow-twins on a single chunky branch, perched comfortable-distance-apart; both looking outward in same direction; we're still here energy
Eddy	Helps you steady yourself first, because you cannot mend anything while a big feeling is still rushing through you.
Lee	Shows that you can receive an apology from a safe place, at your own pace, without rushing to say it is okay.
Ease	Once you have made a real mend, helps you let the other person come back in their own time, with no pushing.
Grace	Reminds you that you can be truly sorry and still be worthy, so shame never stops you from repairing.
Levee	Shows that you can forgive someone and still keep a kind, clear limit that makes it safe to stay close.

Key ideas at a glance

The big concepts this cast helps you master:

- What Is a Rupture?
 - Ruptures Are Normal
 - Step 1: Noticing Harm
 - Step 2: Acknowledging
 - Step 3: Naming the Impact
 - Step 4: The Repair Offering
 - Step 5: Re-engaging
 - The 5-Step Cycle
 - Empathy & Perspective-Taking
 - Accountability
 - Sincere vs Non-Apology
 - Listening in Repair
 - When You Are Hurt
 - Boundaries & Safety
 - Repair Over Time
 - Capstone: Whole Repair
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