

Reconnection Ritual Card

Use this simple 3-step ritual after an argument or heated moment. It helps repair the rupture without rehashing the fight, so you can return to safety and closeness.

Step 1: Acknowledge the Rupture

- “That was rough.”
- “I didn’t like how that felt between us.”
- “We hit a hard moment.”

Step 2: Affirm the Connection

- “You matter more to me than that fight.”
- “I’m here. I care. That hasn’t changed.”
- “We’re still on the same team.”

Step 3: Invite Collaboration

- “Can we revisit this when we’re both calm?”
- “I want to learn from this together, not blame each other.”
- “Let’s reset and move forward side by side.”

Your Personal Reconnection Phrases

Write down 2 or 3 lines that feel natural to you:

1. _____

2. _____

3. _____