

## Taking the Next step: Repair after Reactivity

Here's a way you could practice a "do over" after you've reacted in a way that you did not enjoy.

### First Self-empathy and Self-Compassion

1. Think of a situation when you reacted in a way that you regret (Choose a low intensity)  
Write down the observation: What did you say or do that you regret? (Observation)

Example, "When I heard her say that she did not understand what I wrote, that it was not clear, I said 'Why do you have to make everything harder than it needs to be.'"

2. How did your body react? (Feeling)

Give yourself permission to feel what you feel! After each step, take some time for self compassion.

3. What were you telling yourself? (Jackal ears out, then Jackal ears in)

4. What need(s) were you trying to meet when you reacted? (Giraffe ears in)

5. What need(s) were unmet for you in your reactivity? (Giraffe ears in)

6. What need(s) do you empathize were not met for the other (Giraffe ears out)

Extend permission to the other to be human, too! We all have needs!

### Sharing Regret

0. Zero Step (Connect with your intention to connect, bring your attention to the present moment)

1. Warm Start Up (Focus on Consent: *"I'm eager to connect about what happened earlier. Something feels unfinished for me and I wonder, is this a time that works for you to discuss this?"*) How could you say this in your own words? Write down what you could say.

2. Empathy for the other

*"I imagine when I raised my voice earlier today, you felt scared and needed to protect yourself, is that so? Right now, are you feeling cautious about talking because you want to make sure you are safe?"*

How could you say this in your own words?

3. Vulnerability: What is the most vulnerable thing you are willing to say, right now?

*"I regret losing my cool. I was focused on finishing this project, and I did not meet my own needs for love and respect."*

How could you say this in your own words?

4. Request: Having shared your vulnerability, what would you like back? Confirmation? Feedback? Action?

*"Would you be willing to hear how I wish I would have responded?"*

5. What is your "do over"? What do you want to say instead of what you said?

*"I'm so grateful for your feedback! When I hear that something is not clear for you, I'm motivated to find another way of saying it that is easier for you to understand. Would you be willing to edit the document in a way that works for you?"*

How could you say this in your own words?

6. If you like, and they are willing, share your "do over" then end on a clear and present request.

Request. How do you feel after hearing this do over?

How would you say this in your own words?