

The Rupture & Repair Checklist

A Guide for Reconnecting After the Storm.



The Self-Check (Tending Your Own Roots)

Before you can repair with your child, you must regulate yourself. You cannot offer peace if you are still in a state of war.

- ☐ Identify the "Flood": Am I still in "Survival Brain" (fast heart rate, shallow breathing)?
- ☐ Take a "Clinical Time-Out": If you are still angry, wait. Repair only works when your Prefrontal Cortex is back online.
- ☐ Own Your Part: Can I admit what I did (yelling, shaming, ignoring) without using "But you..." as an excuse?

The Approach (The Secure Haven)

Timing is everything. Approach your child when the "storm" has passed and they are in a receptive state.

- ☐ Get Low: Physically sit on the floor or kneel so you are at or below their eye level.
- ☐ Check the Vibe: Use a soft, melodic voice. Your non-verbal cues (facial expression and tone) account for 90% of the repair.
- ☐ Offer Touch: Ask, "Can I sit next to you?" or "Would you like a hug?" Respect a "no," but stay close.

The Repair Script (The Re-connection)

Use these three steps to weave the connection back together.

- ☐ The Affirmation: "I'm sorry I lost my cool and yelled. It's my job to stay calm, and I didn't do that."
Why: This removes the shame from the child. They realize they didn't "make" you yell; you are responsible for your own nervous system.
- ☐ The Validation: "It must have felt scary/sad when I used my loud voice. I bet that was hard."
Why: This builds Attunement. You are showing them that you see their internal world.
- ☐ The Re-patterning: Next time I feel that frustrated, I'm going to take a deep breath before I speak. Let's start our afternoon over."
Why: This models growth. You are showing them that "weeds" can be pulled and new seeds can be planted immediately.

The Integration (Moving Forward)

- ☐ Physical Seal: End with a hug, a high-five, or a shared snack. Physical touch helps "flush" any remaining cortisol from the child's system.
- ☐ Let it Go: Once the repair is made, do not bring up the "bad behavior" again for the rest of the hour. Let the repair be the final word.

The Facts of Repair

Fact: Research shows that children who experience "Rupture and Repair" develop higher emotional intelligence than children who never experience conflict. They learn that relationships are resilient enough to survive mistakes.

The 30% Rule: You only need to be "attuned" to your child about 30% of the time to develop a secure attachment, provided you repair the other 70%.