

Relational Repair Mini-Guide: From a Bad Hour to a Better Day

Not a “Bad Day,” Just a “Hard Hour”

- Precise language calms the nervous system and keeps perspective.
- Try: “I had a tough hour this morning, not a bad day.”
- Other reframes:
 - “One hard conversation; the rest of the day is still open.”
 - “A rough chapter, not the whole book.”
 - “This moment is loud, but it isn’t everything.”

The 7-Step After-Rupture Process

- 1) Pause & Breathe: 60–90 seconds, slow exhales. Put your hand on your heart or belly.
- 2) Name What Happened (fact words, not blame words).
- 3) Own Impact Without ‘But’ – Skip explanations here.
- 4) Repair & Clean Up – Private first, public second. Offer a clear apology.
- 5) Soothe Your System (HALT check – Hungry? Angry? Lonely? Tired?).
- 6) Let Go & Learn – Capture 1–2 learnings. Release the rest.

Clear Apology Script (Fill-in-the-Blank)

“I’m sorry for _____. I realize this caused _____.
My intention was _____, and I see the impact was _____.
Here’s what I’ve done to make it right: _____.
Next time, I will _____. Thank you for telling me.”

Public Storytelling Checklist

- ☐ Do I have consent to reference a real person?
- ☐ Have I changed non-essential details to protect privacy?
- ☐ Did I ask in writing if identifying details are necessary?
- ☐ Am I speaking about ideas and patterns more than people?
- ☐ Did I check for unintended judgments or labels?
- ☐ If I receive feedback, do I have a repair plan?

Not-a-Bad-Day Language Bank

- “A storm passed through my afternoon; the whole day isn’t weather.”
- “That was a hard hour; the evening can still be gentle.”
- “One rupture; many chances to repair.”

24-Hour Repair Plan

- Within 1–3 hours: regulate (breathe, walk, water, HALT check), draft apology.
- Within 6–12 hours: send private apology; remove/edit public content.
- Within 24 hours: note learnings; set one boundary; name one next action.

Micro Practices You Can Do in 2 Minutes

- Modified Box breathing
- Cold water on wrists; unclench jaw; drop shoulders.
- Write a 3-line narrative: “What happened / What it cost / What I’ll do.”

“Next Time” Micro-Plan Template

Context: _____

Risk I want to avoid: _____

One sentence I’ll use instead: _____

Permission plan (if telling a story): _____

Stop phrase if convo turns shaming: “I’m not doing this today.”

You’ve got this. One hard hour does not define your whole day.



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