

“Repair Language” Worksheet + Pocket Script

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Simple language for hard moments

- What to say when you’re activated and about to escalate
- What to say when you’re shutting down but still want connection
- How to ask for behavior change without attacking identity
- A simple repair script for after you slip into defensiveness

1) 30-second ownership reset (so you don’t speak from protection)

Tell yourself: “I’m here. I’m safe enough. This is my partner, not my enemy.”

Name Your state: “I’m activated / shutting down / getting sharp.”

Choose one goal: “I want connection, not a win.”

2) Pick your lane (3 scripts based on your state)

A) If you’re activated (but still online):

“I’m feeling a lot right now. I want to stay connected.”

“Can we slow down for a second? I don’t want to say something I don’t mean.”

“I feel ____ when ____ happens. What I’m needing is ____.”

B) If you’re shutting down (freeze/stonewall): “I’m starting to shut down. I’m still here.” “I need 10 minutes to come back online, and then I want to re-engage.” “Can you stay near me while I regulate? Even quietly helps.”

C) If you’re getting sharp (contempt rising): “I can feel myself getting sharp. That’s not how I want to talk to you.” “This is a trigger for me. I’m going to take a breath and try again.” “Let me restart that. What I meant is...”

3) Behavior vs identity translator (tiny table)

“You don’t care” → “I feel alone when I don’t get a response.”

“You’re lazy” → “I feel overwhelmed when chores pile up.”

“You’re selfish” → “I feel unimportant when plans change last minute.”

“You always / you never” → “Lately I’ve noticed ____ and it scares me.”

4) The repair protocol (when you slipped)

Own it: “I got defensive.”

Impact: “That probably landed as ____.”

Truth: “What I’m actually feeling is ____.”

Redo: “Can we try that last 30 seconds again?”

5) One “HEART” line to end the loop

“I’m not trying to win. I’m trying to find you.”



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