

Simple and Effective Relationship Repair Prevention Plan

Goal: Prevent the need for relationship repair by fostering healthy communication, trust, and mutual respect from the onset.

1. Clear Communication

- **Step:** Establish open and honest communication from the start by share expectations, needs, and boundaries early on to avoid misunderstandings.
- **Framework:** Use **active listening**—focus fully on the other person when they speak, ask questions for clarity, and validate their feelings.
- **Tip:** Repeat what you understood to ensure you are on the same page, or at least understand one another.

2. Set Healthy Boundaries

- **Step:** Agree on personal boundaries that promote mutual respect and understanding. Respect each other's space, emotional needs, and personal time.
- **Framework: The 3 C's:** Clearly communicate your needs, consistently check in with each other, and honor your commitments to personal boundaries.
- **Tip:** Remember, if you cross your own boundaries, you are non-verbally re-writing the rules and may be insinuating giving permission for others to cross them as well. If you make an exception, make that known.

3. Build Trust

- **Step:** Foster trust through consistent actions. Be reliable, keep promises, and be transparent. This develops dependability and people will believe they can count on you.
- **Framework: The 4 A's of Trust:** Accountability, consistency, reliability, and transparency. These four components help build and maintain trust over time.
- **Tip:** Keep your word, be a person of your word, even if it changes, communicate the change.

4. Practice Empathy and Emotional Support

- **Step:** Make it a habit to express empathy and support for each other's emotions, especially during difficult times.
- **Framework: Empathy Mapping**—take time to understand your partner's feelings, perspectives, and needs. Reflect these back to them for validation.
- **Tip:** Practice making space for their full story and emotions and then making space for yours. Taking turns when making or taking space allows everyone to feel heard and avoids one being looked over to prove a point the other believes you're not getting.

5. Regular Check-Ins

- **Step:** Have regular conversations about how things are going—both the positives and any potential concerns—before they escalate.
- **Framework:** Use a “**State of the Union**” meeting—a dedicated time for both partners to talk openly about their needs, feelings, and any minor issues that need attention.
- **Tip:** Create book ends to start positive, lay out the negative and end positive. Always end with a unified goal. Make sure the goal feels unified to the other person and not just to you. Ask questions if necessary.

6. Maintain Mutual Respect

- **Step:** Treat each other with respect at all times. Disagreements are natural, but they should never come at the cost of respect or dignity.
- **Framework: The 5 R's of Respect:** Recognize, relate, reflect, respond, and resolve. These principles help ensure that respect remains the foundation of your relationship.
- **Tip:** Discuss what a healthy consequence could look like here if disrespect were to happen. How will you two handle this? Stick to what you agree on if disrespect occurs.

7. Prioritize Quality Time

- **Step:** Spend quality time together regularly to nurture the connection and bond.

- **Framework: The 80/20 Rule**—80% of the time, focus on shared activities, and 20% on personal time to ensure a healthy balance.
- **Tip:** In a work environment this 20% can be spent on shared goals, special projects, co-creating structure together with intentional, etc...

8. Conflict Resolution Skills

- **Step:** Address issues immediately but calmly. Work towards a solution together, rather than letting the problem fester.
- **Framework: The 4-Step Problem-Solving Method:** Identify the problem, communicate feelings without blame, brainstorm solutions, and agree on the best course of action.
- **Tip:** Decide in advance who how you will walk into resolving the conflict. Will someone lead the charge, will you both agree to address it in writing first? This will manage the potential for power imbalance in the moment.

Summary:

To prevent the need for relationship repair, the foundation must be built on clear communication, trust, respect, and consistent action. With regular check-ins, empathy, and healthy boundaries in place from the onset, any issues that arise can be addressed promptly and constructively, fostering a long-term healthy relationship.