

Share hurt vulnerably

Instead of blaming & attacking, try to share the essence of the hurt & damage to trust

Listen with an open heart

Let yourself be impacted by the other's pain; take it in & know that they hurt because you matter to them

SIX WAYS

To Repair a hurt in your relationship

Grow from this

Offer reassurance that you have learned & grown & from this & that you won't repeat this hurtful act

Separate intent from impact

You might not have meant to hurt but your person was hurt by you

Take responsibility for your part

Owning that you caused pain gives the other confidence that you will make amends

Express care & remorse

Letting the other know that you hurt knowing you caused them hurt is vital to healing

Dr Clare Rosoman

RELATIONSHIP THERAPIST & AUTHOR