

Relationship Repair Journal

A Guided Space to Heal, Reconnect, and Grow Together

Purpose:

This journal is designed to support couples or family members in the process of rebuilding trust and restoring emotional closeness. Through reflective prompts and intentional conversations, you'll explore communication, forgiveness, shared values, and emotional safety—step by step. Use the lined spaces to respond honestly and openly, whether you're journaling alone or together.

1. Communication Check-Ins

Purpose: To create a safe routine for open, calm, and honest expression.

Use these prompts weekly or after emotionally charged moments.

- Right now, I feel...

- One thing I appreciated about you this week was...

- Something I need more of (or less of) is...

- A small win in our relationship recently was...

- How connected do you feel to me lately? (1–10)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

What's one thing we could do to feel more in sync?

2. Apology & Forgiveness Prompts

Purpose: To guide meaningful accountability, healing, and emotional repair.

- What I regret most about what happened is...

- Here's what I understand now that I didn't before...

- I'm sorry for... and I take responsibility for...

- I want to rebuild trust by...

- I'm ready to forgive (or work toward forgiving) because...

3. Shared Goals & Boundaries

Purpose: To strengthen mutual respect and clarify what supports your relationship's growth.

- Our shared goal for the next 30 days is...

- What emotional safety looks like to me is...

- New boundaries that support both of us:

1. _____

2. _____

3. _____

- A habit we want to build as a team is...

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- A relationship value we want to center is...
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4. Reflections on Emotional Safety

Purpose: To increase awareness of emotional needs and co-create a supportive environment.

- I felt emotionally safe when...

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- I didn't feel emotionally safe when...

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- What helps me feel seen and respected...

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- What helps me stay grounded in tough conversations...

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- My hope for how we handle conflict moving forward...
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5. Our Relationship Repair Commitment

Purpose: To affirm your shared intention to heal and move forward with care.

Together, we commit to...