



THE POST ARGUMENT RESET GUIDE

How to Repair After Things Got Heated

Step 1: Regulate Before You Re-Engage

After an argument, your nervous system is still activated.

Before you text.

Before you explain.

Before you defend yourself.

Pause.

- Inhale for 4
- Hold for 4
- Exhale for 6

Wait until your body feels 30% calmer.

Repair should never begin from activation.

Step 2: Take Ownership of Tone (Not the Whole Argument)

You do not need to take responsibility for everything.

Start here:

- “I didn’t like my tone earlier.”
- “I let my emotions lead.”
- “I want to reset how I showed up.”

Ownership of tone lowers defenses immediately.

Step 3: Clarify Without Re-Escalating

Avoid:

“You always...”

“You never...”

“You made me...”

Instead say:

- “What I was trying to express was...”
- “What I needed in that moment was...”
- “What felt hard for me was...”

Calm clarity rebuilds safety.

Step 4: Invite Reset

If your tone sharpens, say:

- “That came out sharper than I meant.”
- “Let me restate that calmly.”

Repair builds more trust than perfection.

Remember:

Conflict does not destroy relationships.

Unresolved conflict does.

Repair is not weakness.

It is emotional maturity.