

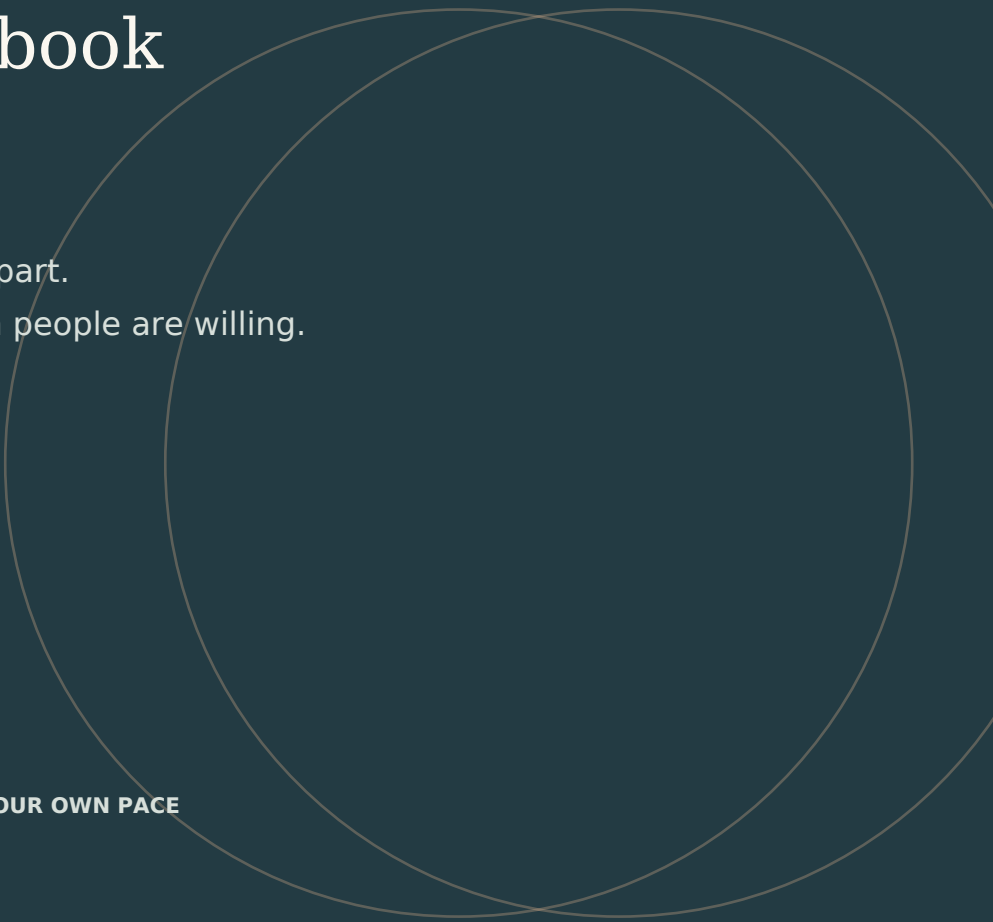
A LITTLE MORE HONEST. A LITTLE MORE CARE.

Rebuild with care.

A Relationship Repair Workbook

Practical reflection for your part.
Shared exercises when both people are willing.

TWO TRACKS / SEVEN THEMES / AT YOUR OWN PACE

Two large, thin, light-colored circles overlap in the lower right portion of the cover. The circles are positioned such that they overlap significantly, with the intersection area being the largest part of the graphic.

HOW TO USE THIS WORKBOOK

Two tracks. Your pace.

There is no perfect message that replaces consistent behaviour. Work on your conduct; practise together only when both people freely agree.

Individual track

Each theme starts with a private exercise. You can use this track even if your partner does not want to participate. Do not send your completed pages to prove you deserve another chance.

Shared track

The following page is optional. Each person can answer privately, share only what they choose and stop at any time. Begin with small everyday topics rather than the most painful issue.

Seven themes, not seven deadlines

Move through reassurance chasing, accountability, early triggers, boundaries, listening, consistent action and self-worth. Spend about 10-15 minutes on a page, or take longer. Skip anything that does not fit.

Use the format that suits you

Print the lined version or type into the fillable PDF in a form-supporting reader. Save a copy and reopen it to check your answers. Keep completed pages somewhere private.

A realistic promise

This is an educational reflection workbook, not therapy, a diagnosis or a clinically validated programme. It cannot guarantee reconciliation, forgiveness or restored trust.

READ BEFORE SHARED EXERCISES

Safety comes first.

Shared exercises are for willing participation, not for persuading someone to tolerate harm.

When to stop

If there is fear, intimidation, threats, violence, sexual pressure, stalking or controlling behaviour, do not use shared pages to resolve it. Seek confidential specialist support and prioritise safety. Nobody must confront a partner to use this workbook.

If you have caused harm

Stop the harmful conduct and seek individual professional or specialist behaviour-change support. An apology, gift or workbook does not make someone safe or require them to stay.

Respect consent and privacy

No means no for touch, conversation and contact. Do not inspect devices, demand passwords or track location. Sharing a worksheet is optional. Keep children out of adult conflict and do not ask them to carry messages.

If a page feels too much

Close it. You do not have to complete an exercise or disclose a painful event. If a conversation becomes frightening, prioritise getting to safety over agreeing a return time.

Support in Australia

For immediate danger, call 000. For domestic, family or sexual violence support, contact 1800RESPECT: 1800 737 732 or 1800respect.org.au. For relationship service enquiries, contact Relationships Australia: 1300 364 277 or relationships.org.au. Outside Australia, use local services.

01 / STOP CHASING CERTAINTY / INDIVIDUAL TRACK

No magic message

Start changing before asking to be believed.

It is tempting to search for a message that will make someone understand, soften or return. That can turn self-work into another request for reassurance. Practise becoming steadier even when nobody rewards it. Example: a wife asks for space; her husband sends one more loving paragraph. His intention may be kind, but he has still crossed the stated limit. The useful change is respecting it, not explaining why he meant well.

Where am I trying to get reassurance instead of respecting an answer?

Notice repeated texts, calls, explanations or questions about whether things are okay.

What will I practise even if they do not notice?

Choose one action within your control. No checking whether it changed their mood.

PRACTISE ONE THING

If you want to send an unnecessary reassurance message, write it privately first. Follow the agreed contact limits.

01 / STOP CHASING CERTAINTY / SHARED TRACK

Choose, do not assume

A warm moment is not a relationship agreement.

A friendly conversation, an affectionate moment or an enjoyable outing can matter without settling the future. Do not make a partner prove that the moment meant more. If both people want to explore repair, name what each is choosing now. Example: enjoying dinner together does not automatically mean you are back together. Keep the invitation clear and allow an honest no or not yet.

What are we each choosing now?

Name the actual purpose: understanding, repair, practical arrangements or something else.

What are we not agreeing to yet?

Each person can name limits without having to justify their feelings.

ONLY IF BOTH AGREE

Agree one small conversation only if both want it. Avoid treating it as a test of love.