RUPTURE & REPAIR

Not Knowing how to repair leads to



& to SHALLOW, UNSATISFYING RELATIONSHIPS



REPAIR MIGHT FEEL LIKE A MYTH because it's so rare



REPAIR IS MORE THAN



IT'S ALSO

- NAMING IT HAPPENED
- OWNING OUR ROLE
- NAMING THE IMPACT
 (& listening to their version)
- WONDERING HOW IT WAS CO-CREATED
- PLANNING A WAY FORWARD

@LINDSAYBRAMAN FROM A LECTURE ON ATTACHMENT @ALLENDERCENTER