

Communication in Relationship Repair

Interpersonal Repair

- Recognize the problem
- Engage in productive communication and conflict resolution.
- Pose possible solutions
- Affirm each other
- Integrate solutions into normal behavior.
- Risk

Dealing with a breakup

- Break the loneliness-depression cycle.
- Take time out.
- Bolster your self-esteem.
- Remove or avoid uncomfortable relationship symbols.
- Become mindful of your own relationship patterns.

Review

- Relationship stages include contact, involvement, intimacy, deterioration, repair, and dissolution.
- Movement in relationships can include stage movement, turning point movement and relationship license movement.
- Communication in developing relationships includes being nice, being open, giving assurances, sharing joint activities, being positive, and improving yourself.
- General repair strategies include: recognize the problem, engaging in productive communication and conflict resolution, posing possible solutions, affirming each other, integrating solutions into normal behavior, and risking.