

# Conflict Repair Cue Cards

Printable language tools to bring regulation back to any moment

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## CARD 1: Pause + Reset

**Purpose:** To halt escalation and create a moment of choice.

🔊 *"I'm noticing I'm getting reactive. Can we take a moment to reset before continuing?"*

🔊 *"Let's pause for just a minute so we don't keep talking from our stress."*

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## CARD 2: Name the Nervous System

**Purpose:** Normalize reactions by bringing awareness to the body.

🔊 *"My nervous system is in high alert right now—it's not you, it's how I'm feeling inside."*

🔊 *"I care about you, and I want to respond better. My body's in fight/flight, but I want to regulate before we continue."*

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## CARD 3: Signal Safety

**Purpose:** Repair connection through co-regulation language.

🔊 *"I'm here, and I want us to feel safe again."*

🔊 *"Even though we're upset, I still care about you. We're on the same team."*

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## CARD 4: Take Space Responsibly

**Purpose:** To reduce flooding and prevent disconnection.

🔊 *"I need a few minutes to calm my nervous system, but I will come back. We're not done—we're just taking care of ourselves first."*

🔊 *"Can we return to this in 20 minutes so we both have space to breathe and come back from love?"*

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## CARD 5: Repair + Reconnect

**Purpose:** To initiate reconnection after rupture.

💡 *"Can we try again with less defense and more care?"*

💡 *"What I meant to say was... I want us to understand each other, not hurt each other."*

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## CARD 6: Reframe the Pattern

**Purpose:** Shift the cycle from blame to shared growth.

💡 *"I think we both got caught in our defenses. How can we do this differently next time?"*

💡 *"Let's talk about what we each needed underneath the reaction."*