

Repairing After a Strong Emotion

Emotion regulation | Adults and teens 13+ | 10 to 15 minutes

Prepare an accountable and respectful response after an emotional interaction.

If a strong emotion affected another person, you can acknowledge the impact and decide what to do next. Repair does not require denying your own needs. Use this page only when contact is safe and a conversation is appropriate.

Name the behavior and impact

Describe what you did without global labels or excuses. For example, "I interrupted and raised my voice" is more useful than "I am awful" or "You made me angry." Acknowledge what you know about the impact and leave room to hear the other person's experience.

Offer a specific change

Choose an apology or acknowledgment that does not demand forgiveness. Name what you will do differently and how you will practice. You can also make a respectful request about your own needs. The other person may need time or choose not to engage.

The behavior I want to take responsibility for

The impact I understand and what I still need to hear

Words I could use to acknowledge or apologize

A specific change and how I will follow through