

Couples: communication and repair | Review

What Did Our Experiment Teach Us?

Adult couples | 5 to 10 minutes | Worksheet

Review a shared plan without assigning a relationship score.

This page is useful whether you tried the plan, tried part of it, or never started. Each person can answer privately before deciding what to discuss.

How to use this page

Return to one agreement. Describe what actually happened, then choose whether to keep, change, pause, or retire it. You do not need a positive result.

Look for useful details

Recall a specific moment. Did the plan reduce confusion, make a need visible, or add work? Different answers can both contain useful information. Avoid deciding that an unfinished task proves someone's intention or character.

Find the missing condition

If the plan did not happen, check time, energy, clarity, access, and willingness. Perhaps the reminder was easy to miss, the task was too large, or the agreement was not truly shared. Discuss one condition that could change rather than making a longer list of failures.

PK06-06 | continued

Decide what comes next

Keep a helpful part, revise one detail, or let the experiment end. An unresolved issue may need a supported conversation. If either person felt watched, threatened, or punished, prioritize private safety support instead of improving the exercise.

1. What happened, including any different experiences we had

2. What supported or obstructed the plan

3. Our choice now: keep, change, pause, or stop, and why

PK06-06 | continued**Facilitator notes and adaptation**

Protect separate perspectives. This review is not an outcome measure and should not be used to assess relationship safety or assign equal responsibility for harm.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB01 | The Gottman Institute | Six Tips for the Six Skills of Conflict Management

<https://www.gottman.com/blog/manage-conflict-the-six-skills/>

PB02 | National Domestic Violence Hotline | Should I Go To Couples Therapy With My Abusive Partner?

<https://www.thehotline.org/resources/should-i-go-to-couples-therapy-with-my-abusive-partner/>