

Rupture & Repair Practice Guide

Learn to repair after parenting missteps — because repair is one of the most powerful tools for building secure attachment.

Name: _____ Date: _____ Clinician: _____

About rupture and repair: No parent gets it right every time. The research is clear: it is not the absence of rupture (conflict, misattunement, losing your temper) that creates secure attachment — it is the presence of repair. Repair is one of the most powerful tools a parent has.

UNDERSTANDING RUPTURE

A recent rupture with my child that I want to repair:

What happened — what I did or said:

What was going on for me in that moment (trigger, stress, unmet need):

What I imagine my child felt:

THE REPAIR PROCESS

Effective repair has several elements. Use these as a guide for your conversation:

1. Acknowledge

Name what happened without minimising or over-explaining. "I shouted at you earlier and that wasn't okay."

2. Take responsibility

Own your part without blaming the child for your reaction. "That was about me, not you. You didn't deserve that."

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3. Validate their feeling

Acknowledge how your behaviour affected them. "I imagine that felt scary / hurtful / confusing."

4. Express care

Reinforce the relationship. "I love you and I'm working on handling my big feelings better."

5. Make it right

Ask what they need or offer something concrete. "Is there anything I can do to help us feel better right now?"

REFLECTION & INTEGRATION

What I will say in my repair conversation:

What I need to work on in myself to reduce ruptures going forward:
