



BACK TO EACH OTHER • BONUS 3

# The 60-Second Repair Card

*Sixty seconds, three moves, and the night is yours again.*

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closen

*Closer, a little each day.*

## What this is

**This is the smallest thing in the whole bundle, and the one you'll probably use the most.**

It's not for the big topics. It's for the other thing — the sharp tone over the dishwasher, the “fine.” that wasn't fine, the eye-roll you didn't quite hide. The stupid little snap that neither of you actually cares about, and that somehow still manages to flatten the whole evening. You know how it goes: nobody's angry an hour later, but nobody fixes it either, and you both just... go to bed on it.

The couples who stay close aren't the ones who never snap. They're the ones who repair fast — before the evening gets written off. That's all this card does. Sixty seconds, three moves, and the night is yours again.

## How to use it

Print the card on the next two pages, or screenshot it. Put it somewhere you'll actually find it in the moment — inside a kitchen cupboard door, or saved in your phone favourites. Its whole job is to exist *before* you need it, because in the moment, nobody remembers anything.

One rule, agreed in advance: **either of you can reach for it, and whoever reaches for it first isn't losing.** Reaching for the card is not admitting fault. It's declaring that the evening matters more than the point you were about to make.

**Your pause word.** The card starts with a pause word — the short signal that means “I'm stopping the slide, not walking away from you.” The default is simply: “*Sixty seconds?*” It works out of the box. If you're doing the 30-day workbook, Day 24 has you pick your own together — write it here:

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## When not to use it

### The card stops the bleeding. It doesn't do surgery.

If the same thing keeps coming back — money, who does what, something that's been sitting between you for months — sixty seconds won't fix it, and patching it again and again will quietly teach you both that it never gets a real hearing. Real topics deserve a proper doorway, at a chosen time: *"I'd like to talk about \_\_\_\_ — is now okay, or is later better?"* (If you're doing the workbook, that's exactly what Day 22 builds.)

And if one of you genuinely needs more than a minute — take it. The pause stretches. The only rule that survives is the one on the card: whoever asks for later has to name a *when*.

**Next two pages: the card itself.** Front and back. Print them, or screenshot them — then put them where the evenings actually happen.

# THE 60-SECOND REPAIR

*For the snap, the sharp tone, the evening that's about to go sideways over nothing.*

## 0-10 SECONDS

### Stop the slide.

Say the pause word out loud — yours, or the default: **"Sixty seconds?"**

Said, not sighed. It means: *I'm stopping the slide, not walking away from you.*

**Rule:** whoever says it doesn't get to land one more point first.

## 10-30 SECONDS

### Own your slice.

Not the whole thing. Your slice. One sentence, said plainly:

**"Sorry — that came out sharper than I meant."**

**"I snapped. That wasn't about you."**

No "but". A *but* restarts it. A full stop ends it.

## 30-60 SECONDS

### Say the under-thing. Then reset.

The snap is almost never about the dishwasher. One line on what was underneath:

**"I was already wound up about work." / "I'm running on four hours of sleep."**

Then the rejoin — **"Can we start the evening over?"** — plus one small physical reset: a hand on the shoulder, sitting back down, passing the remote.

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**Done. No debrief tonight. The repair *is* the conversation.**

# WHICH ONE IS TONIGHT?

*Seven ways in, depending on where you're standing.*

## 1 You said the sharp thing.

"That came out wrong. Give me sixty seconds to say it like a human being."

## 2 They said the sharp thing — and you're about to return fire.

Don't match the tone. Name the slide instead: **"We're doing the thing. Sixty seconds?"**

*(You're allowed to call the pause on a slide you didn't start.)*

## 3 You're both past the sixty-second stage.

"Not tonight. Tomorrow at \_\_\_\_ — I promise." Naming the *when* is what makes it a plan instead of an escape.

## 4 One of you went quiet or left the room.

Don't follow to win. Wait ten minutes, then one line through the gap: "I'm not looking to keep going. I just don't want us to sleep on it like this." Then let them come back at their own pace.

## 5 It's happening over text.

Stop typing. Nothing has ever been repaired in a chat thread. Call, or wait till you're in the same room: **"Scrap the texts — that's not what I meant. Starting over."**

## 6 The kids saw the snap.

Repair in front of them too — one line each: "Sorry, that was a sharp tone." Ten seconds. They learn that repair exists. That's worth more than pretending nothing happened.

## 7 Neither of you remembers what started it.

Say exactly that, out loud: **"I honestly can't remember how this started."** It's true about half the time, and it's very hard to keep a straight face after. Laughing counts as repair.