

Including Restorative Practices In Personal Relationships



If you are **both** willing to repair the relationships, be open to hearing how to repair the relationship and not be stuck in retaliation mode. Coming up with ways to make amends is often the hardest part.



Honest, heartfelt conversations are more productive than lecturing or threats. Finding common ground and understanding each other's perspectives can renew valuable friendships.

Before you dive into what is bothering you, offer genuine appreciation for the person or relationship. Don't do this if it isn't authentic.



View conflict and wrongdoing as a chance to learn and grow, fostering deeper understanding and strengthening relationships through constructive dialogue and resolution.