



# The Relational Repair Playbook

**Tools, scripts, and community wisdom**  
for repairing ruptures without  
abandoning accountability

by **Christabel Mintah-Galloway**

*Author of Relational Skills for Liberation*

# Welcome to the RELATIONAL REPAIR PLAYBOOK

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## HOW TO USE THIS GUIDE

This guide was born out of what hundreds of people, many living with neurodivergence, chronic illness, or other forms of marginalization, named as essential for repair.

I've woven that collective wisdom together with the frameworks I've developed through **(Relational Skills for Liberation)**, which rests on three pillars:

- **Bold authenticity** — no masks, no performances.
- **Love-centered boundaries** — not punishment, but clarity and care.
- **Repairing ruptures** — because conflict is inevitable, but repair is what makes intimacy possible.

This guide sits at the intersection of those pillars, ancestral wisdom, and our community's lived experience.

As Audre Lorde reminds us, *“Without community, there is no liberation.”*

This isn't legal or clinical advice. Move through it slowly, take what resonates and leave what doesn't

Most importantly, treat this as a living document. Repair is not a one-time act, it's a rhythm we learn by doing.

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# *Meet Your Guide: Christabel Mintah-Galloway*

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*Christabel Mintah-Galloway is a writer, nurse leader, educator, and relational skills building guide committed to helping people unlearn the isolation of individualism and reclaim the deep, reciprocal connections that sustain us.*

As a queer African immigrant who grew up in a high-control religious environment, Christabel knows firsthand the journey of individuation, leaving oppressive systems while still longing for community, belonging, and interdependence.

Her work on relational skills as liberation has reached millions, sparking viral conversations on repair boundaries and relational endurance. During Black History Month alone, her insights on repair, boundaries, and relational endurance reaches over **6 million people**, growing her audience by over **53,000** in just 90 days. This rapid growth reflects not only numbers, but a deep hunger for skills that move us beyond transactional relationships into something sustainable and liberatory.

With years of experience as a nurse, writer, and first daughter, Christabel doesn't just teach these skills, she embodies them. Through her workbooks, workshops, and social media content, she offers knowledge paired with reflection, action, and accountability, so that readers can build relationships aligned with their values and their fullest selves.

***For everyone learning to love with accountability and refusing to do it alone.***



*“WITHOUT  
COMMUNITY, THERE  
IS NO LIBERATION...  
BUT COMMUNITY  
MUST NOT MEAN A  
SHEDDING OF OUR  
DIFFERENCES.”*

—  
*AUDRE LORDE*



01

*Module 1*

**FOUNDATIONS OF REPAIR**

# 01

## *Foundations of repair*

### GROUND TRUTHS

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When harm happens, because it will, the question isn't, "Did I fail?" The question is, "Am I willing to repair?"

Here are the ground truths that came through in your responses, and that align with the heart of my work:

**1. Accountability ≠ perfection:** You don't have to get it right every time. What matters is whether you show up again, reflect, and try differently. As bell hooks reminds us, "Rarely, if ever, are any of us healed in isolation. Healing is an act of communion."

**2. Diagnosis explains, but doesn't excuse:** Neurodivergence and chronic illness shape how we move through the world. They explain the overwhelm, the shutdown, the impulsivity. But they don't erase impact. Context matters, and so does accountability.

**3. Repair requires safety and capacity, from both sides:** Sometimes the most honest repair is space. If someone doesn't feel safe or simply doesn't have the capacity to engage right now, forcing repair can do more harm. This is where love-centered boundaries matter most: **naming what is possible, and what isn't.**

# 01

## *Ground Truths*

### GROUND TRUTHS

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**4. Repair is learned, not innate:** Most of us didn't grow up seeing repair modeled. We were taught to avoid, punish, or pretend nothing happened. That means we need practice. Like any skill, it's clumsy at first. But practice builds capacity.

**5. Repair is the bridge to interdependence:** Rupture is inevitable, and repair is optional, but without it, trust erodes.

With it, intimacy deepens. This is how we move from **performance → authenticity → interdependence.**

### *Reflection:*

Write down one "ground truth" you resist.

Is it the fear of being imperfect?

The belief that your diagnosis excuses you from accountability?

Or the idea that distance can sometimes be the most loving choice?

Sit with it.





02

# *Module 2*

**WHEN YOU'VE HURT SOMEONE**

# 02

## *When You've Hurt Someone*

### CORE MOVES

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We've all been on both sides of rupture. When you're the one who caused harm, the hardest thing to do is often the simplest: **tell the truth, take responsibility, and move with love.**

Here's what the community named as essential:

**1. Say it plain:** Name what you did and how it landed. Not why. Not the backstory. Just the impact.

***"I raised my voice. That felt unsafe for you. I'm sorry."***

**2. De-center your shame:** Shame spirals are seductive, they make the hurt about you instead of the person you harmed. Don't make them manage your guilt. Hold your feelings elsewhere so you can stay present with them.

**3. Ask, then act:** Accountability isn't a speech, it's a question.

***"What would repair look like right now?"***

**And then, follow through. Even if the answer is: give space.**

**4. Make it concrete:** Repair isn't vibes. It's visible changes, promises kept, behaviors shifted. "I'll stop interrupting you" means nothing unless you actually practice pausing.

# 02

## When You've Hurt Someone

### CORE MOVES

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**5. Check back:** Repair doesn't end with one apology. It lives in the follow-up.

*“Can I check back with you on Friday about how this feels?”*

**6. Lead with effort, not perfection:** Nobody trusted one perfect apology in our thread. What rebuilt trust was consistency, the slow, repeated showing up.

**Pro Tip:** If you feel yourself wanting to explain, pause. Ask yourself, *“Am I defending myself, or am I making space for repair?”*

### *Reflection:*

Think of a time you hurt someone you love. How might it have shifted the relationship if you had asked,

*“What would repair look like right now?”*



# 02

## *Anatomy of a Real Apology*

### ANATOMY OF A REAL APOLOGY

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We were taught how to defend, minimize, or over-explain. But real repair requires a different posture: truth without excuses and care without control.

Here's what the community, and my own lived practice, named as the anatomy of a real apology:

**1. Specific behavior + named impact:** Don't be vague or abstract. Say exactly what you did and how it landed.

*"I interrupted you three times and I hear that made you feel dismissed."*

**2. No "but." No "if:"** "But I was stressed." "If you felt hurt..." Statements like those kill trust because they make your apology about conditions, not responsibility.

**3. No defense lecture:** Explaining your whole inner process doesn't undo harm, it just shifts the labor back onto the person you hurt.

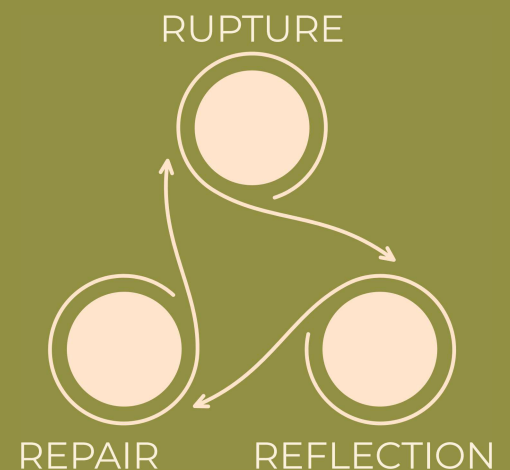
# 02

## *When You've Hurt Someone*

### THE 3 RS OF REPAIR

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- **Rupture → Reflection → Repair**
- Most of us skip reflection and go straight to apology, or avoidance.
- Real repair is a process, not a performance.



**“RUPTURES ARE INEVITABLE,  
REPAIR CREATES RESILIENCE.”**

# 02

## *When You've Hurt Someone*

### SCRIPTS FOR ACCOUNTABILITY

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**4. Behavior change plan:** Repair isn't about one moment of sorrow, it's about what comes next. Tell them what you will do differently, and how.

*"I'll pause and let you finish before I respond. I've already set a reminder for myself."*

**5. Time-bound follow-up:** Trust isn't rebuilt by promises; it's rebuilt by check-ins.

*"Can I circle back Friday to see how this change is landing?"*

**Note:** The strongest apologies are short. Long-winded ones usually sneak in excuses. If you feel the need to add paragraphs, ask yourself: Am I apologizing, or am I still trying to be right?

### *Reflection:*

Think of an apology you've received that actually changed something. What made it land?

Now compare it to one that felt empty. What was missing?





03

*Module 3*

WHEN YOU'VE BEEN HURT

# 03

## *When You've Been Hurt*

### YOUR SIDE OF REPAIR

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Being harmed doesn't mean you owe grace on demand. Repair is co-created. You get to set the pace, define what safety looks like, and decide whether repair is even possible.

Here's what the community named as essential when you're on the hurt side of the equation:

**1. Name the harm + your needs:** Not just "you hurt me," but how and what you need going forward.

*"When you raised your voice, I shut down. I need calm tone if we're going to talk."*

**2. Focus on behavior, not character assassination:** "You lied about that detail" lands differently than "You're a liar." One calls for change, the other shuts the door.

**3. Let consent lead the pace:** You decide if the talk is now, later, or not at all. You're not obligated to process on their timeline. Here's a gentle reminder for a commitment to interdependence.

*"I need two days to get grounded. Then I'll know if I'm ready to talk."*

# 03

## *When You've Been Hurt*

### YOUR SIDE OF REPAIR

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**4. Choose your medium:** Repair doesn't always have to be face-to-face. Texts, voice notes, letters, or scheduled calls can create safer pathways.

**5. Protect your dignity:** It's okay to say:

*"I won't continue this conversation if I'm mocked, yelled at, or tone-policed."*

Holding your dignity intact is part of the repair.

### *Reflection:*

Think of a time someone hurt you and you stayed silent.

What would you have named if you had the tools then?

How might naming it have changed the relationship?





04

# *Module 4*

**PACING, BOUNDARIES &  
REGULATION**

# 04

## *Pacing, Boundaries & Regulation*

### PACE & PROCESSING DIFFERENCES

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One of the loudest themes from the community: **repair breaks down when pacing isn't respected.**

Some of us need to talk it through immediately. Others need space to regulate, or we risk saying things we don't mean.

When these differences aren't named, relationships collapse under mismatched timelines.

Here's what helps:

**1. Many prefer asynchronous repair:** Texts, letters, voice notes, or a scheduled talk feel safer than being cornered in the heat of the moment.

*"Give me a chance to write this out before we talk, I need time to sort my thoughts."*

**2. "No rush" creates nervous-system safety:** Urgency often re-ruptures the wound. When people hear "Take your time", their bodies unclench.

# 04

## *Pacing, Boundaries & Regulation*

### REGULATE, THEN RELATE

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**3. Pre-agreed windows work:** Set clear timeframes: “48 hours to regulate, then let’s check in.” This avoids ghosting and avoids pressure.

**4. Recognize the nervous system, not just the narrative:** It’s not just about needing “time to think.” It’s about giving bodies a chance to move out of fight/flight so repair can actually land.

Pacing differences don’t mean disconnection, they mean we need scaffolds to stay in community while honoring our bodies.

### *Reflection:*

How do you usually respond when someone asks to slow down a hard conversation?

Do you see their request as avoidance, or as care for the relationship?



# 04

## *Pacing, Boundaries & Regulation*

### BOUNDARIES VS. RULES

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This is a distinction I make often in my work as I find it helps clarify and center interdependence while acknowledging capacity and willingness.

**1. Boundaries help you deepen connection where love and care are possible. They are:**

- Clear, actionable, and self-owned.

**2. Rules help you survive where capacity and trust don't exist.**

- “If you keep bringing this up, I’ll block you.”

The skill is in knowing which to use, when and with whom.

**3. Boundaries without a repair path feel like punishment.**

People long for boundaries that make space for return:

*“I need distance for now. Here’s what would make reconnection possible.”*

# 04 *Pacing, Boundaries & Regulation*

## BOUNDARIES VS. RULES

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**4. Boundaries as love:** Boundaries set with dignity are experienced as invitations: a bridge back, not a locked gate.

**Personal reflection:** *I grew up in a collectivist society where self-abandonment as called love. It meant elders and men could say no, but girls and queer kids couldn't.*

*Learning boundaries saved me from that. And for my family members with whom I desire a relationship with but know that they lack the capacity to co-create boundaries with me, I set rules. These rules enable a de-escalated relationship.*

### ***Reflection:***

Think of a boundary you've set recently. Did it close the door, or leave a bridge back? How might you reframe it as love-centered?





05

*Module 7*

**PRACTICING BOTH/AND**

# 05

## *Practicing both/and*

### FROM THE HURT PERSON'S POV

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When you've been hurt, care feels like actions, not just words.

The community named these patterns again and again:

**1. Being believed about impact, no debate:** The most consistent ask was simple: *"Believe me the first time."* Impact matters more than intent.

**2. Concrete amends:**

- Changed behavior.
- Practical shifts.
- Not vibes or promises in the air.

**3. Consistency over time:** One perfect apology won't rebuild trust. Small promises kept, repeatedly, create safety.

*"I don't need perfection. I need to see effort and follow-through."*

# 05

## *Practicing both/and*

### FROM THE HURT PERSON'S POV

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**4. Dignity intact:** Repair lands as care when it doesn't come with shaming, tone-policing, or minimizing.

Repair is felt as care when it restores dignity, rebuilds trust, and makes communion possible again.

### *Reflection:*

Think of a time you hurt someone.  
What did you do or not do that made them feel cared  
for (or not)?

How might you practice consistency over perfection  
in your next repair?



# 05

## *Practicing both/and*

### FROM THE PERSON WHO STRUGGLES

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When you live with neurodivergence, CPTSD, or chronic mental illness, the fear of being discarded is real.

The community shared what makes repair possible without erasing dignity:

#### **1. Room to be human without being thrown away:**

- Not every rupture is a dealbreaker.
- Safety comes when people don't treat imperfection as disposability.

#### **2. Direct asks (not social guessing):**

- "What do you need from me right now?"
- "Would it help if I wrote this instead of saying it live?"
- Don't assume we'll know. Spell it out.

#### **3. Accommodations + accountability (both/and).**

- Gentle reminders.
- Written agreements.
- Slower, quieter channels.

***These are scaffolds, not excuses. They help effort land as effort.***

# 05

## *Practicing both/and*

### FROM THE PERSON WHO STRUGGLES

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**4. Trust in process:** The person struggling wants to know their effort will be noticed, not erased by one bad day.

*“Don’t discard me because I’m not perfect yet. See that I’m trying.”*

Leah Lakshmi Piepzna-Samarasinha writes in *Care Work*: “We get free when we learn how to hold each other, mess and all. Not just when it’s easy.”

Repair for the struggler feels like care when effort is honored, scaffolding is normalized, and love doesn’t vanish at the first crack.

### *Reflection:*

If you’re in relationship with someone who struggles:

How do you name and notice their effort?

If you are the one who struggles: What scaffolds make accountability possible for you?



# 05

## *Practicing both/and*

### **DON'T WEAPONIZE THE LABEL**

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It doesn't erase impact. And it doesn't give anyone a free pass to harm.

The community was clear:

#### **1. Context matters, but so does impact.**

- “My CPTSD explains why I snapped, but it doesn't erase how it landed.”
- The why helps us understand. The what still needs repair.

#### **2. No one wants their pain dismissed.**

- “That's just my ADHD.”
- “You know I'm autistic.”
- When labels get used as shields, the harmed person is erased.

#### **3. Compassion helps change stick.**

- Shame and stigma block repair.
- Believing someone's effort, even when messy, is what keeps them trying.

# 05

## *Practicing both/and*

### DON'T WEAPONIZE THE LABEL

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#### 4. **Self-study > self-diagnosis as destiny.**

- Neurodivergence is real. But it's not a script we can't rewrite.
- The work is learning skills, practicing scaffolds, and building capacity.

bell hooks wrote in ***All About Love***: “*Love is an action, never simply a feeling.*”

Repair requires action. A label may explain the roots, but accountability is the fruit

### ***Reflection:***

Where in your life have you used your label as a shield? Where have you seen others do it to you?  
What might accountability look like instead?

# 05

## *Practicing both/and*

### MULTIPLE TRUTHS, HELD TOGETHER

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Repair work asks us to hold complexity. It's rarely either/or. More often, it's both/and.

The community said over and over:

#### **1. Intent matters. Impact leads.**

- “I didn’t mean to hurt you” can be true.
- “But it still hurt” is also true.
- Both deserve to be acknowledged.

#### **2. Love doesn’t erase limits.**

- “I love you” and “I need space” can coexist.
- Space isn’t punishment. It’s capacity.

#### **3. History explains, but doesn’t excuse.**

- “My trauma played a role in my reaction.”
- That context matters, but it doesn’t cancel responsibility.

#### **4. Compassion doesn’t cancel consequence.**

- You can see someone’s struggle and set boundaries.
- Care includes accountability.

# 05

## *Practicing both/and*

### MULTIPLE TRUTHS, HELD TOGETHER

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**Personal reflection:** this has historically been the hardest part for me as someone who struggles with CPTSD. A deep inner commitment to repair and connection that hasn't always matched the impact.

Reshaping your patterns is one thing, but you must prioritize the hurt and harm caused and experienced by others in the meantime. And that has meant losing relationships I treasured deeply.

But on the cusp of my 40th birthday, I also see the truth in the statement that we haven't met everyone we'll ever love or who will love us.

And so I say, life is generous and getting to experience relationships from a place of growth and maturity and lessening of symptoms that lead to hurt makes me so grateful for the commitment to the work I also held close to my chest despite the loss and grief along the way.

### *Reflection:*

Think of a rupture in your life.  
What multiple truths were present?  
Which ones were hardest for you to hold?



# 05

## *Practicing both/and*

### WHEN CAPACITY IS LOW

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The community was clear: honesty about capacity is care.

#### **1. Distance can be repair.**

- Sometimes the kindest move is to step back.
- It's not punishment. It's recognizing limits.

#### **2. Believe behavior, not just words.**

- If someone keeps saying they'll change but nothing shifts, that is the answer.
- Repeated patterns show you what's possible.

#### **3. Safety first. Always.**

- Love without safety is survival mode, not liberation.
- Repair can only grow where there is room to breathe.

#### **4. Distance ≠ failure.**

- Some relationships can't hold repair yet.
- That doesn't erase the love or the history.

Sometimes communion requires stepping away until it's possible to return with dignity. And sometimes there is no reconciliation and we must lean into our grief practices.

# 05

## *Practicing both/and*

### WHEN CAPACITY IS LOW

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Personal reflection: I wrote recently about a friendship breakup I experienced earlier in the year that solidified my grief process around the grief that follows the end of a relationship we wanted to maintain.

I learned that:

- **Repair ≠ reconciliation.**
- **You can reflect. You can apologize.**
- **And they can still say, “I’m done.”**

Not every relationship survives conflict. Non-attachment matters. Grace matters. Forgive yourself. Learn the skill.

But don’t expect permanence even with repair and interdependence in mind.

### *Reflection:*

Think of a rupture in your life.  
What multiple truths were present?  
Which ones were hardest for you to hold?





06

# *Module 06*

**COMMUNITY PRACTICES &  
MAINTENANCE**

# 06

## *Community Practices & maintenance*

### COMMUNITY PRACTICES THAT WORK

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Repair isn't just about fixing crises. Our community named practices that make repair sustainable, even before harm happens.

#### **1. Repair Vows**

- Mutual commitments: “When conflict happens, here’s how we’ll handle it.”
- A living agreement you can revisit, not a one-time promise.

#### **2. Relationship Audits**

- Monthly or quarterly check-ins: “What’s working? What needs repair?”
- Prevents little cracks from turning into ruptures.

#### **3. Pre-Agreed Scripts**

- Words ready for overwhelm or shutdown.
- “I’m flooded. I’ll respond tomorrow.”
- “I need notes in writing, not just verbal.”

#### **4. Lower the Cognitive Load**

- Having these tools ready makes repair repeatable.
- No one has to reinvent the wheel every time.

# 06

## *Community Practices & maintenance*

### COMMUNITY PRACTICES THAT WORK

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adrienne maree brown writes:

*“Small is good, small is all. (The large is a reflection of the small.)”*

Rituals like these might feel small, but they build the scaffolding for lasting community.

### ***Reflection:***

What practice could you put in place with your people this month, repair vows, audits, or scripts? Which would lower the pressure for you most?



# 06

## *Community Practices & maintenance*

### IF YOU HURT SOMEONE

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When you've caused harm, you don't need a speech. You need clarity.

Here are repair scripts the community offered, short, human, and actionable.

#### **1. Name What You Did + Its Impact**

- "I got overwhelmed and did X. I hear that it landed as Y. I'm sorry."

#### **2. Share What You'll Change**

- "Here's what I'm practicing this week so it doesn't repeat."

#### **3. Build in a Check-Back**

- "Can we set a time Friday to check how this feels for you?"

#### **4. Ask, Then Act**

- "What would repair look like right now?"
- Then follow through.

Scripts like these are how we move toward that communion, step by step.

# 06

## *Community Practices & maintenance*

### IF YOU HURT SOMEONE

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## *Reflection:*

Try one of these scripts in your next conflict.

Notice: does it create space for dialogue instead of defensiveness?

# 06

## *Community Practices & maintenance*

### IF YOU WERE HURT

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When you've been harmed, clarity protects your dignity. Here are ways to name your needs without shutting the door on repair.

#### **1. Name Your Pace**

- "I need time to regulate; let's talk tomorrow afternoon."

#### **2. Name Your Conditions**

- "I'm asking for: no raised voices, slower pace, and a written recap."

#### **3. Name Your Boundary with a Path Back**

- "If this pattern continues, I'll need to step back from [specific context]."

#### **4. Name What's Possible Right Now**

- "I can't do this talk today, but I'm open to trying again next week."

Boundaries like these keep the door to community cracked open, without sacrificing your safety.

# 06

## *Community Practices & maintenance*

### IF YOU WERE HURT

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## *Reflection:*

What's one phrase from above you could try the next time you feel harmed?

How would it shift the power in the moment?



# 06

## Community Practices & maintenance

### AFTER EPISODES & ONGOING MAINTENANCE

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When a rupture follows a shutdown, meltdown, or episode, repair is still possible. But it has to be rooted in **honesty, dignity, and consistency.**

#### **1. Name What Happened (without erasing yourself):**

- “I was flooded and snapped at you. That’s not how I want to show up.”
- “I shut down yesterday because I felt overwhelmed. I want to try again.”

#### **2. Pair Context With Amends:**

- Context helps understanding (“I was triggered by the pace”), but amends build trust (“Next time, I’ll text you instead of going silent”).

#### **3. Create Stability Plans:**

Meds, therapy, rest, crisis protocols, or rituals of care are part of repair, too. They show you’re building scaffolding to prevent repeat harm.

# 06

## Community Practices & maintenance

### AFTER EPISODES & ONGOING MAINTENANCE

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#### 4. Re-Earn Trust With Consistency:

- Words can start the repair, but only patterns sustain it. Showing up differently over time is what mends.

Repair after an acute state is less about perfection, and more about returning, together.

**Personal reflection:** I live with CPTSD. I know what it feels like when my body hijacks me. I've "Hulked out." And reacted before reflecting.

But I've also learned that triggers aren't a free pass to harm people. Recovery has meant giving myself grace, so I can take responsibility without drowning in shame.

Neurodivergence is not incapacity. CPTSD, depression, bipolar, ADHD, autism, none of these make us "less." They call us to build capacity, for truth, repair, and love.

### *Reflection:*

Think of a time you "Hulked out," shut down, or froze in a relationship. What would an honest amends sound like, one that holds your dignity and the other person's pain?





07

# *Module 07*

**WHAT REPAIR IS NOT**



# *What Repair Is NOT*

## REPIAR IS NOT PERFECT

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Sometimes it's easier to see repair clearly by noticing what doesn't count. These patterns came up again and again in the community responses:

### **1. Ghosting when called in**

- Disappearing after harm doesn't create safety, it compounds the rupture. Silence communicates indifference, not care.

### **2. Doubling down**

- "That's just how I am" or "You're too sensitive" shuts the door on connection. It protects ego, not relationship.

### **3. Excusing with diagnosis**

- ND/MI explains context, but it isn't a pass to repeat harm unchecked. Impact still matters.

### **4. Demanding perfection from the harmed person**

- Expecting them to be endlessly calm, patient, or "regulated" shifts responsibility away from the person who caused harm.

# 07

## *What Repair Is NOT*

### REPIAR IS NOT PERFECT

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#### **5. Using boundaries as punishment**

- Boundaries without a bridge become walls. If your “boundary” is just exile, it’s not repair.

When we ghost, double down, or punish, we abandon community itself.

### *Reflection:*

Think of a time someone harmed you and then ghosted or doubled down. How did it impact your trust in them? What would a real repair have looked like instead?





# *What Repair Is NOT*

## WHAT HELPS MOST

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Across hundreds of responses, the threads of wisdom wove together into a clear pattern. Repair doesn't need to be complicated, but it does need to be intentional.

### **Consensus themes from the community:**

- **Directness over avoidance.** Say what happened, say what you need, and skip the performance.
- **Kindness without coddling.** Softness and truth can coexist.
- **Slowness builds safety.** A pause, a “let’s return tomorrow,” or a gentle check-in matters more than speed.
- **Curiosity instead of courtroom.** Approaching rupture like a puzzle, not a prosecution, lowers defenses and makes space for truth.
- **Accountability with dignity.** Both people deserve to leave a repair conversation with their humanity intact.



# 07

## *What Repair Is NOT*

### PRACTICE > PERFORMANCE

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Nor is it about crafting the “perfect apology.” It’s about practicing, fumbling, trying again, and staying.

You won’t get it right every time. But you can get good at it over time.

Repair is the communion. It’s how we move from rupture back to relationship, not flawlessly, but faithfully.

### *Reflection:*

What would it look like if your community practiced repair like a rhythm, messy but consistent, instead of waiting for crises to force it?



08

*Additional  
Resources*

**WORKSHEETS, BOOK LIST AND  
FEEDBACK**





# COMMITMENT & ACCOUNTABILITY PAGE

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## WRITE YOUR COMMITMENT STATEMENT:

"I am committed to practicing relational skills in my life by

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-----"

My biggest intention for this journey is

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-----"

## ACCOUNTABILITY CHECK-IN:

Who can support you in practicing these skills?

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How will you hold yourself accountable?

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# FURTHER READING & RESOURCES (BOOK LIST)

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These books expand on **relational healing, interdependence, and decolonized approaches to connection:**

## **Relational Healing & Interdependence**

- Emergent Strategy — adrienne maree brown
- We Will Not Cancel Us — adrienne maree brown
- Pleasure Activism — adrienne maree brown
- My Grandmother's Hands — Resmaa Menakem
- All About Love — bell hooks
- The Will to Change: Men, Masculinity, and Love — bell hooks
- Sister Outsider — Audre Lorde

## **Conflict, Repair & Community-Based Healing**

- Holding Change — adrienne maree brown
- The Body Is Not an Apology — Sonya Renee Taylor
- Set Boundaries, Find Peace — Nedra Tawwab
- Transformative Justice Handbook — Mia Mingus & The Bay Area Transformative Justice Collective

## **Decolonization & Indigenous Ways of Knowing**

- Braiding Sweetgrass — Robin Wall Kimmerer
- The Red Deal: Indigenous Action to Save Our Earth — The Red Nation
- Decolonizing Nonviolent Communication — Mikki Kendall
- An Indigenous Peoples' History of the United States — Roxanne Dunbar-Ortiz

## **Power, Liberation & Authenticity**

- Parable of the Sower — Octavia Butler
- This Bridge Called My Back — Cherríe Moraga & Gloria Anzaldúa
- The Master's Tools Will Never Dismantle the Master's House — Audre Lorde
- Assata: An Autobiography — Assata Shakur

# I'D LOVE YOUR FEEDBACK

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The Relational Repair Playbook was created to hold our collective wisdom and lived practices.

Repair is never a solo project, it takes community, honesty, and feedback. If this Playbook supported you in any way, I'd love to hear from you.

Your reflections help me refine the work, share it with more people, and remind others that repair is possible.

**You can [leave feedback or a testimonial here.](#)**

**Or via the QR code below:**





# Thank You

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