Relationship-Based Practice
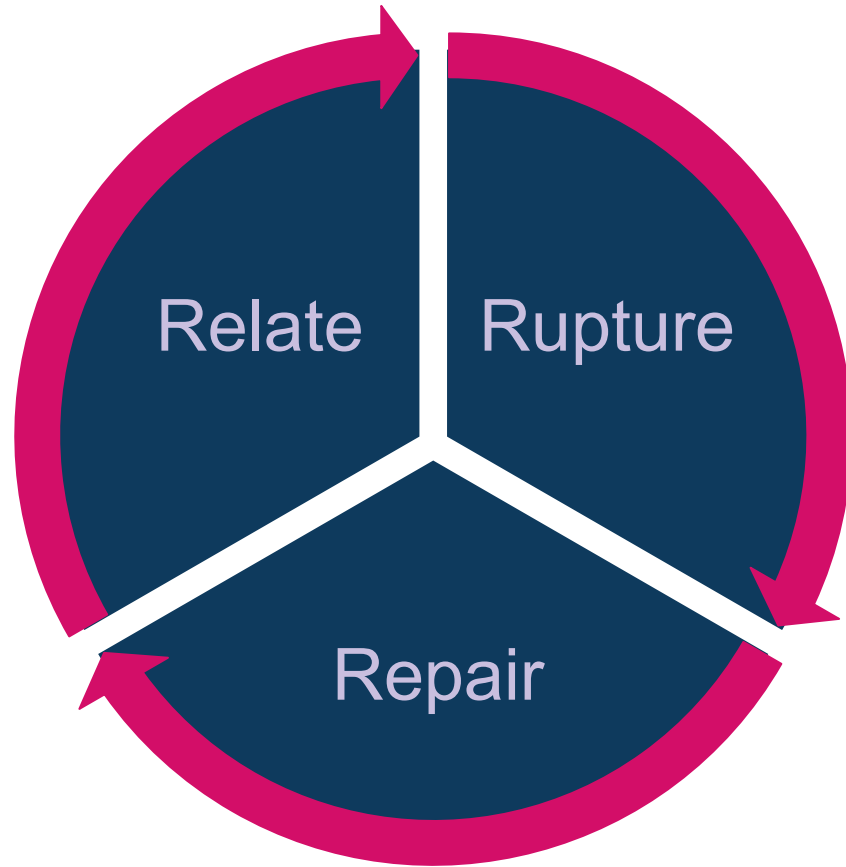## Relate, Rupture, Repair Theory

Relate, Rupture, Repair Cycle

In successful relationships, it is not that we fight that is the problem. It's the way that fights are handled.
- John Gottman

- Conflict can be seen as part of a repeating cycle of rupture and repair
- When we learn from this cycle, we can use it to enhance relationships

Relate

Relate

- The stage of getting to know someone
  - ➢ Learn likes/dislikes
  - ➢ Learn/teach about triggers
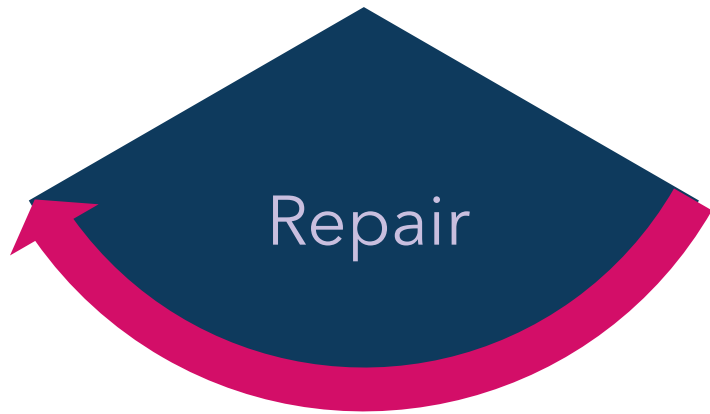 - ➢ Build trust and show safety

Rupture

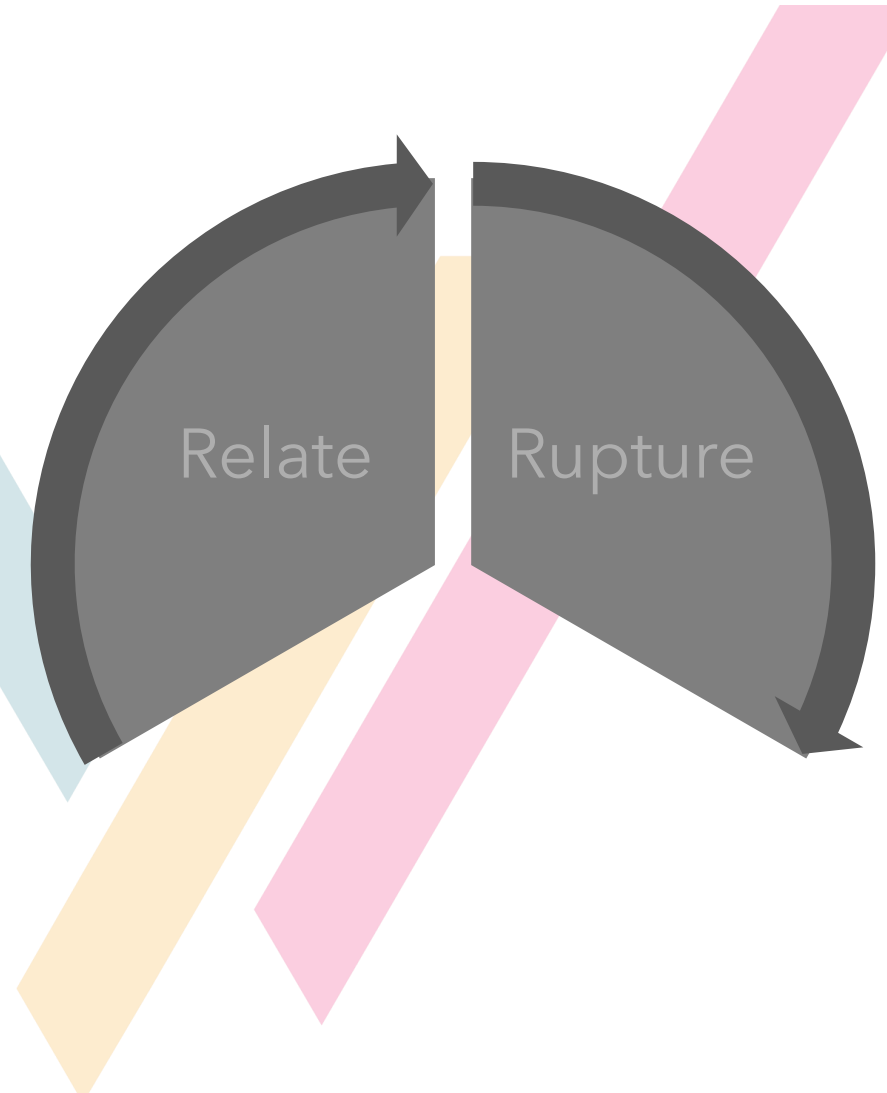Repair
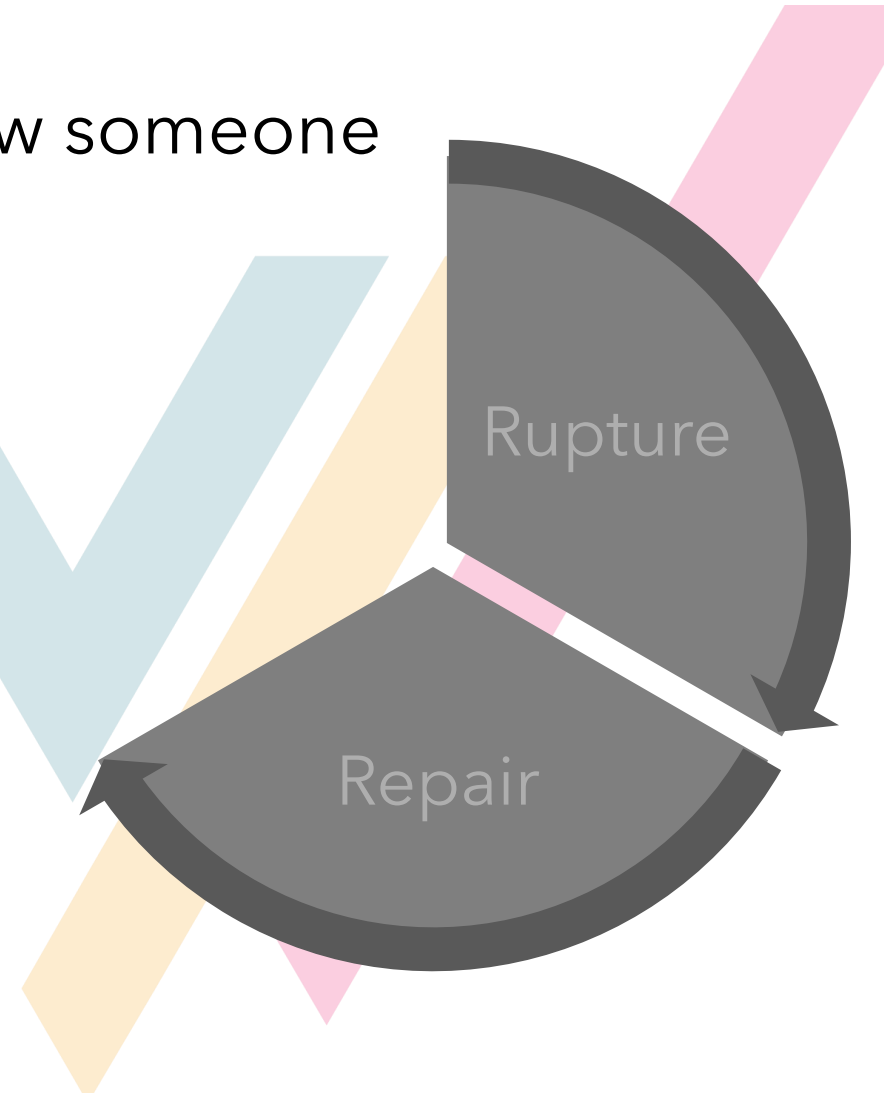
Rupture

Rupture

- An event that leads to conflict or a loss of connection or trust
  - Punishment for behaviour
  - Recognising you dislike a person
  - Acknowledge that they dislike you
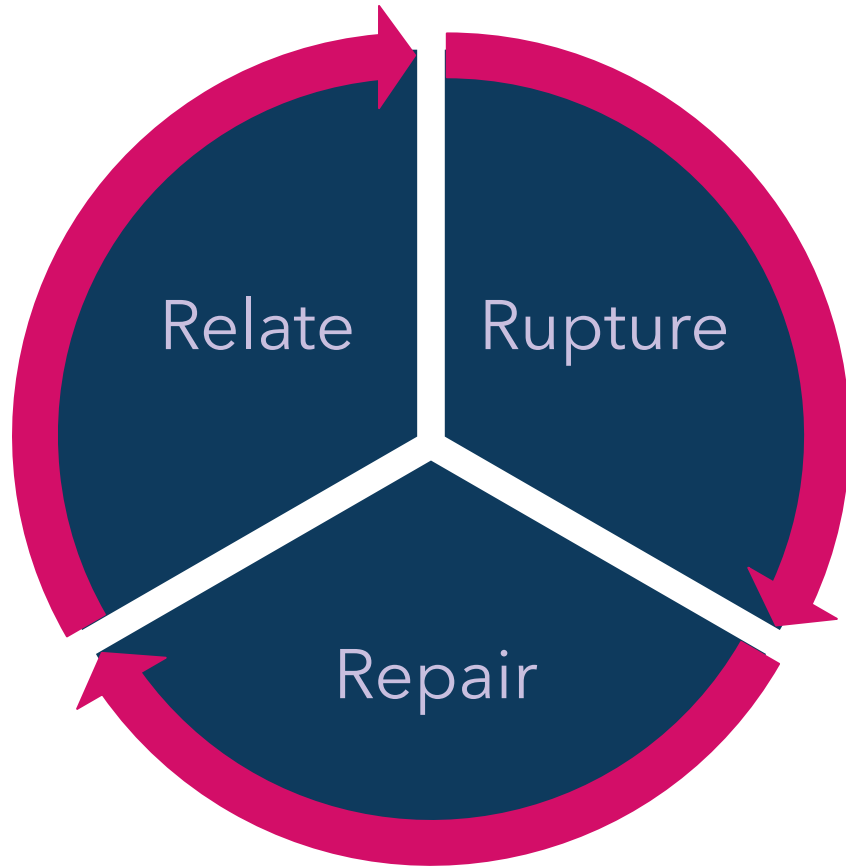 - Something has triggered them

Relate
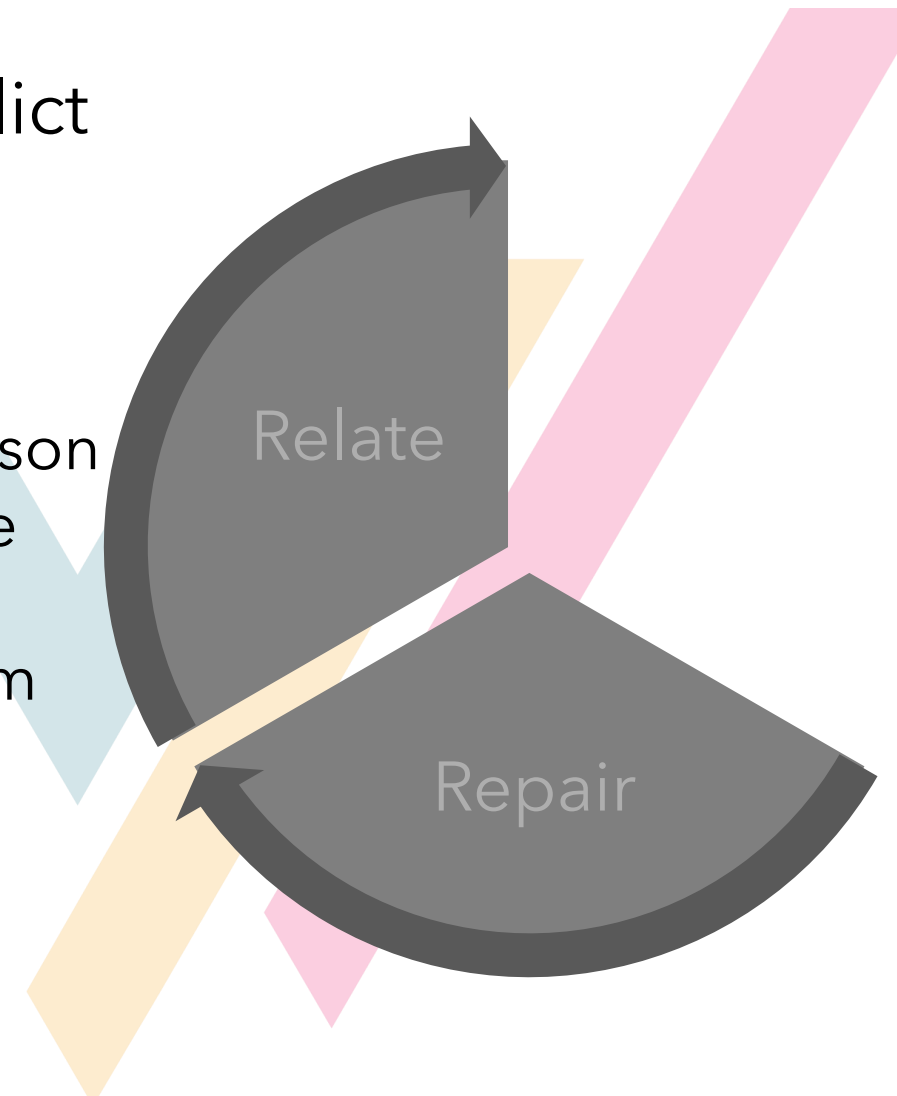
Repair

Title

Repair

- The process of reconciliation through apology or forgiveness
  - ➢ Re-connecting after a rupture (when both calm)
  - ➢ Acknowledging your emotions
  - ➢ Re-checking in
  - ➢ Acknowledging behaviour/attitude change
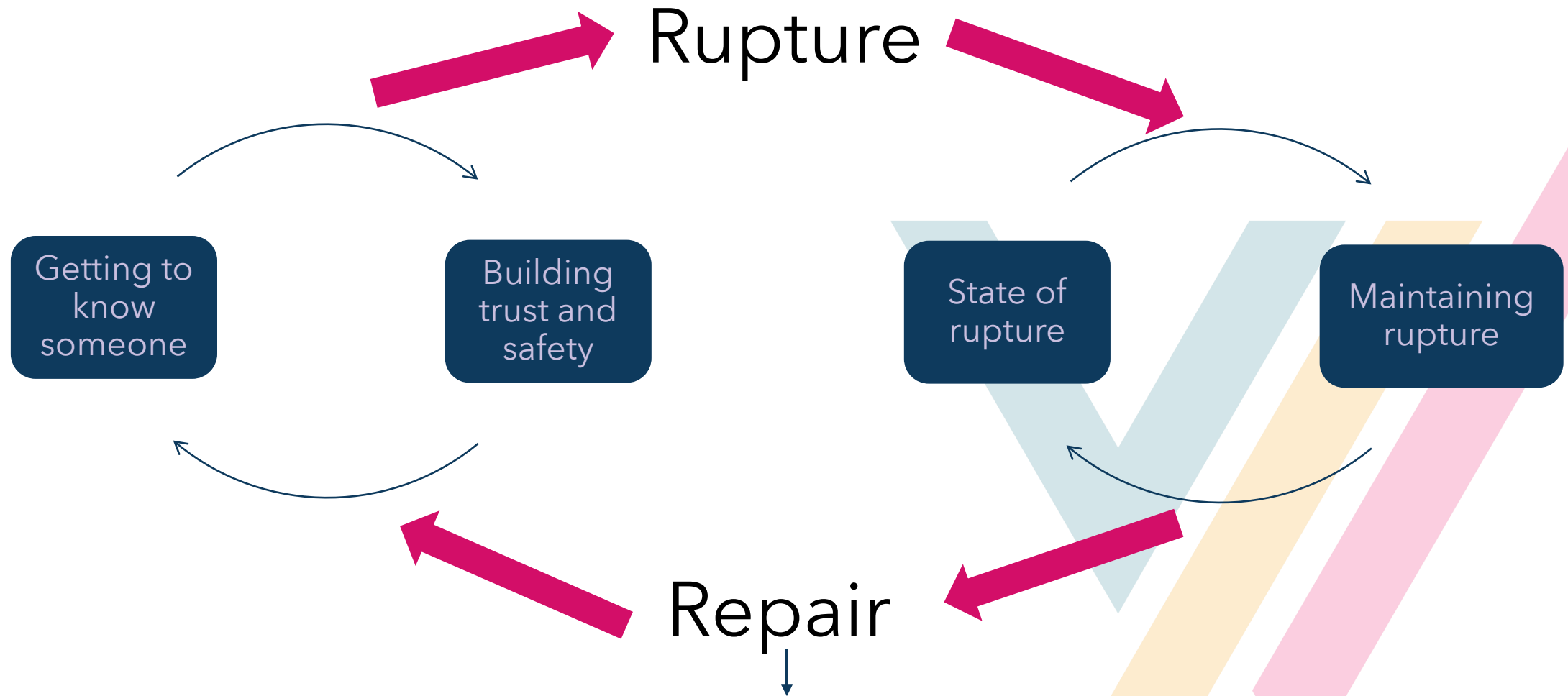
Relate   **Rupture**

Relate, Rupture, Repair Cycle

- We are poor at the 'repair' aspect of the cycle
- We have a difficulty at times admitting that we are wrong
- When we apologise, we must ensure we truly mean it

Rupture → Repair

Rupture

Getting to know someone

Building trust and safety

State of rupture

Maintaining rupture

Repair

Confiding in each other, admitting part in conflict and reconciling

Repairing Rupture – STOPP Approach

S — Stop
Pause and don't react immediately

T — Take a breath
Focus on your breath and calm your physical reaction

O — Observe
Notice your feelings and urge to react

P — Pull back
Look at the bigger picture and think differently

P — Proceed
What is the most helpful thing for me, for others, for the situation?