After the argument: a parent and teenager repair sheet

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Use this only when both people feel safe and calm enough. Each person can write separately, speak instead or decline for now. It is not suitable for negotiating around threats or violence.

Make a small opening

A time and place to try talking: _____

Another way to communicate if speaking feels difficult: _____

What we will do if either person needs another pause: _____

Opening words: “I want to put my part right and understand what happened for you. Is this an okay time?”

My part to own

Something I said or did: _____

How it may have affected the other person: _____

A clear apology without blaming them: _____

Something I will do differently: _____

An apology does not need to be exchanged at the same moment to be meaningful.

Continue: After the argument: a parent and teenager repair sheet

What I want understood

The issue as I experienced it: _____

Something I think was missed: _____

What I need the other person to hear before we solve it: _____

The listener can check: “Have I understood that _____?”

One practical agreement

The specific decision still needed: _____

What the parent will do: _____

What the teenager will be supported to do: _____

When we will check how it is working: _____

Reconnecting afterwards

An ordinary shared activity we might enjoy: _____

Any further support we need: _____

Do not require a hug or immediate forgiveness. If arguments involve fear, threats or harm, prioritise safety and seek appropriate help. Changed behaviour matters more than completing this sheet.

Browse all free resources.

For ideas to use alongside this resource, read After an argument with your teenager: how to begin the repair.