

REBUILDING RELATIONSHIPS

To repair a damaged, strained, or tense relationship, it's important to engage in practical strategies that help rebuild and strengthen it. Use these three methods to get a relationship back on track.

1

Acknowledge and Apologize

After an argument or disagreement, take the initiative and address tension or uncomfortable feelings, take responsibility for your actions or how you contributed to the situation. Apologizing for the behavior sends the unspoken message that "you are important to me."

Stop Strategies

Pause, take a break, or go for a walk. Remove yourself from the situation until both parties are in a place to listen and respond with kindness and understanding. In-the-moment phrases to use:

- "Now's not a good time to talk. Let's talk about it later."
- "I don't want us to be unkind to each other."
- "I love you, so let's take a quick break until we are calmer."

2

3

Spend Quality Time Together

Spending quality time together strengthens relationships. One-on-one time can allow you to understand each other on a deeper level and connect more meaningfully.

- One-on-one ideas:
 - Watch a movie together
 - Play a video game
 - Go out to eat at a restaurant
 - Cook a meal



For more ways to strengthen your resilience, connect with us at:
www.armyresilience.army.mil

@ArmyResilience  

