

#4 - REPAIR AFTER A BLOWUP

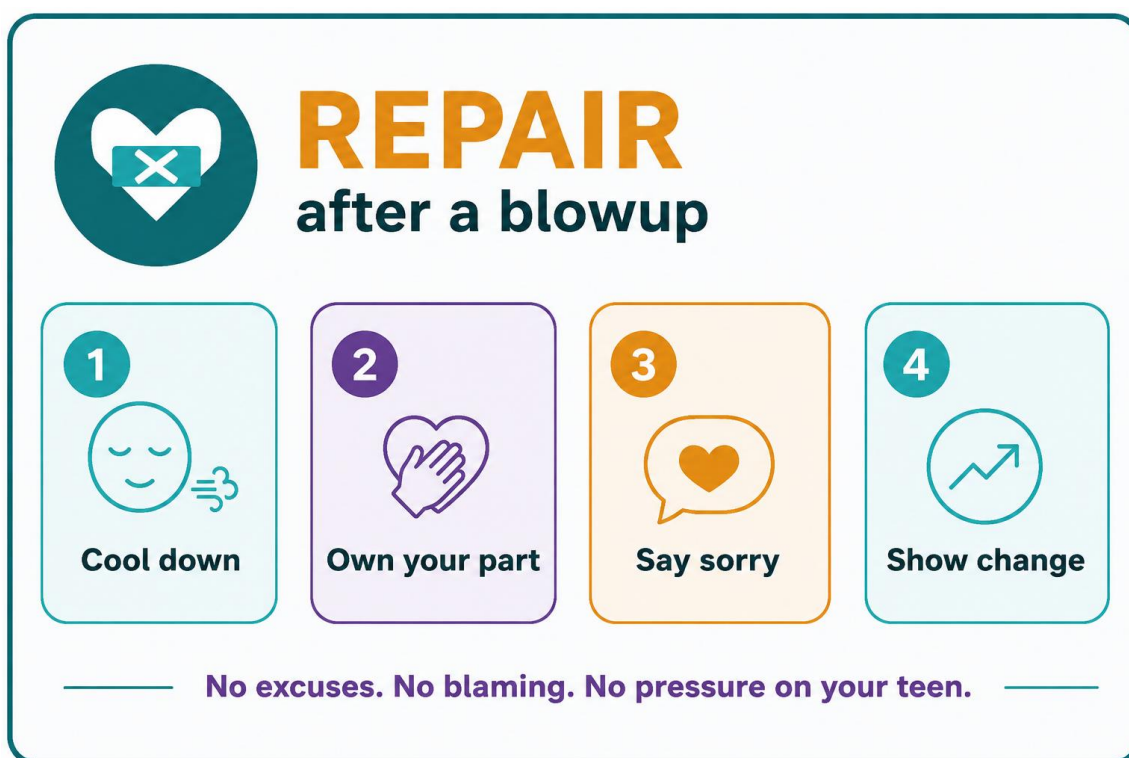
What to say or do after the bigger hurts.

Adapted from **Strategy 6: The Apology** in Dr. Scott Sells' book, *Parenting Your Out-of-Control Teenager*, pages 253-261.

Use this repair apology tool when you have yelled, overreacted, said something harsh, or know your teen was hurt by something you did.

This is for the bigger hurts — the moments that need more than a quick “sorry,” such as yelling, overreacting, saying something cutting, breaking trust, or making your teen feel unseen, unwanted, or pushed away.

The goal is to repair the relationship by owning your part, saying it simply, and showing change over time.



THE 3-STEP APOLOGY REPAIR SCRIPT

STEP 1

Cool Down + Own Your Part

Before you apologize, take a few minutes to calm your body and name what you did. A repair works best when it comes from humility, not panic.

Check what happened:

- ☐ I yelled or raised my voice
- ☐ I lectured too long
- ☐ I shamed, blamed, or labeled my teen
- ☐ I ignored their feelings
- ☐ I broke a promise
- ☐ I overreacted because I was scared
- ☐ Other: _____

STEP 2

Say the Apology Repair Script

Use simple words. No excuses. No defending. **No “buts.”**

Try one of these:

- ❖ *“I’m sorry I _____.”*
- ❖ *That was not okay.*
- ❖ *You did not deserve that.*
- ❖ *You don’t have to say anything back right now.*
- ❖ *I love you, and I’m going to work on _____.”*

STEP 3

Show Actual Change (Actions Speak Louder than Words)

An apology opens the door.

Changed behavior keeps the door open.

Pick one small action you can practice this week.

One change I will practice: _____

PRACTICE BEFORE YOU REPAIR

The first time you say this should not be while you are still upset. Write your words down first ahead of time.

What I Need to Own What did I say or do that hurt my teen? _____ — _____ —	What I Wish I Had Done Instead What would I want to do differently next time? _____ — _____ —
My Short Apology Use this simple structure: <i>I'm sorry I _____.</i> <i>That was not okay.</i> <i>You did not deserve that.</i>	My Follow-Through One small action I can take this week to show change: _____ — _____ —

WHAT TO AVOID / WHAT TO SAY INSTEAD

Avoid These Lines	Say This Instead
"I'm sorry, but..."	"I'm sorry I did that."
"You made me lose it."	"My reaction was my responsibility."
"If you had listened..."	"I wish I had handled that differently."
"Now you need to apologize too."	"You don't have to say anything back right now."

REMEMBER An apology repair is not weakness. It is leadership with humility. You are showing your teen: "I care more about healing than being right."	Want to Go Deeper? Do it yourself. Read Strategy 6: The Apology , pages 253-261 , in <i>Parenting Your Out-of-Control Teenager</i> . For guided help applying this tool to your family, visit the Parent Coaching page at ExtremeTeen.com and book a free 15-minute consultation.
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