

DAY 22

“Apologizing doesn’t always mean that you are wrong and the other partner is right. It means that you value your relationship more than your ego.” - John Gottman

Your task for today is to think about the ways you choose to repair with your partner, as well as the ways you like for your partner to repair with you. Share your thoughts below.

What are some ways that you choose to repair with your partner?

What are some ways that you like for your partner to repair with you?