

Relationship Repair Expectations

Character & Emotions

Step-Working Guide · The Recovery Files

In this workbook

1. **Relationship Repair Expectations** — key ideas, worksheet
Each topic's scored self-assessment and mind map are in the app.

TOPIC

Relationship Repair Expectations

KEY IDEAS

Relationship Repair Expectations

Letting Go of Outcomes

We often approach amends with unrealistic expectations: immediate forgiveness, restored trust, or healed relationships. These expectations set us up for resentment.

Amends vs. Repair

Two Different Processes

Making amends is our side of the street—taking responsibility. Relationship repair involves the other person's healing and willingness, which we cannot control.

The Trap of Transaction

I Apologized, Now What?

Thinking 'I said sorry, so you should trust me now' is transactional. Authentic amends are about service and restitution, not purchasing a specific response.

Respecting Boundaries

Accepting 'No'

Sometimes, the other person's healing requires distance from us. Respecting their boundaries is a crucial part of the amend, even if it's painful.

Patience and Consistency

Trust is Earned

Trust is rebuilt through consistent behavior over time, not a single conversation. We must be willing to wait and demonstrate our change through action.

Finding Peace

Independence from Validation

True freedom comes when we find satisfaction in the act of doing the right thing itself, regardless of whether the relationship is restored.

WORKSHEET**Relationship Expectations Worksheet****EXPECTATIONS****Mapping Expectations****Forgiveness Expectations**

Who do I expect forgiveness from immediately?

Trust Expectations

Who do I get frustrated with for not trusting me yet?

Transaction Check

Where am I being nice just to get a specific reaction?

SURRENDER**Letting Go**

What is my responsibility in this relationship? (Only my part)

What is NOT my responsibility? (Their reactions/feelings)

PLAN

Service-Oriented Plan

Relationship to focus on:

Goal: Unconditional Service

Mantra for when expectations arise:
