





## SERIES: HOW TO START REPAIRING BROKEN RELATIONSHIPS

### Episode 1: “No Regrets”

When it comes to repairing broken relationships, no one responds well to being convinced, coerced, convicted, or controlled. But if these approaches don't work, how else can we fix the broken relationships in our lives?

### QUESTIONS

- 01**  In your relationships do you typically seek to convince, coerce, convict, or control the other person when things go wrong? Explain.
  
- 02**  How has repairing broken relationships been modeled to you throughout your life? What have you seen work well and what have you seen end poorly when it comes to repairing a broken relationship?
  
- 03**  When it comes to repairing broken relationships, do you have a harder time with forgiveness or the actual act of reconciling (i.e. coming back together) with the other person? Explain.
  
- 04**  Think about a broken relationship in your life. Practically, what could it look like to take a step and move toward that person? What holds you back from taking that step?

### NOTES

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### BOTTOM LINE

*Repairing broken relationships is uncomfortable and unintuitive; but it's helpful to remember the goal isn't reconciliation, it's no regrets.*



Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.