

DEFAULT REPAIR PATTERNS - bobandaudrey.com

We all have natural tendencies to try to mend connection after conflict, tension, or disconnection. Everyone has default patterns they fall into—usually based on their emotional wiring, upbringing and personality. Understanding these styles help relationships not to take things personally, but to see the repair attempt for what it is: a bid for closeness, even if it comes out imperfectly.

Here are six common repair styles

1. The Talker

- Wants to process the issue right away.
- Feels better when things are said out loud, explained, and resolved.
- Can overwhelm a quieter partner with “too many words.”

2. The Internal Processor

- Needs space and time to think things through before talking.
- Feels pressured if pushed to talk too soon.
- Their silence isn’t withdrawal—it’s their way of sorting.

3. The Avoider

- Distracts themselves or changes the subject to bypass conflict.
- Hopes tension will fade on its own.
- Can seem uncaring, but often they’re protecting peace (their own and the relationship’s).

4. The Peacemaker

- Quickly says “sorry” or smooths things over to restore harmony.
- Values calm more than being “right.”
- Can suppress their true feelings if overused.

5. The Fixer

- Jumps into solutions, strategies, or action steps.
- Feels anxious when problems linger.
- Can miss the emotional side because they’re so focused on fixing.

6. The Performer

- Uses humor, playfulness, or lighthearted gestures to break tension.
- Brings levity and helps reset the atmosphere.
- Can be seen as dismissive if the hurt hasn’t been acknowledged yet.

DEFAULT REPAIR PATTERNS - NEW APPROACH!

1. The Talker

- BEFORE: *"We need to talk about this right now. You're not listening to me."*
- Bridge: *"I want to talk this through, but I also want to hear you—are you ready now, or would later feel better?"*

2. The Internal Processor

- BEFORE: *[Silence, walking away without a word.]*
- Bridge: *"I need a little time to think, but I'll come back to you—I don't want to avoid this."*

3. The Avoider

- BEFORE: *"It's fine. Let's just forget it."*
- Bridge: *"I'd rather move past this quickly, but you matter too much to me not to lean in."*

4. The Peacemaker

- BEFORE: *"I'm sorry, it's my fault, let's just drop it."*
- Bridge: *"I want us to be okay, and I also want to share honestly so the peace we find is real."*

5. The Fixer

- BEFORE: *"Here's what you should do... If you'd just [X], this wouldn't happen."*
- Bridge: *"I have ideas for solutions, but first I want to understand how this feels for you."*

6. The Performer

- BEFORE: *"Lighten up! Can't you take a joke?"*
- Bridge: *"I'd love to bring us some laughter soon, but first tell me what's on your heart."*