



Relationship Wound Clarity Workbook

A gentle printable for understanding what hurt, what matters, what is yours to carry, and what next step protects your peace.

THE FULL YOU

For reflection and self-coaching. This worksheet is not a substitute for therapy, medical care, legal advice, or crisis support.

Start With The Wound

THE FULL YOU

Name the relationship, the hurt, and what feels unresolved before choosing a next step.



Person or relationship

.....

Date or season

.....

Current contact level

.....

1. What happened?

Describe the moment or pattern as simply as you can. Stay close to observable facts first.

Facts I can name

.....
.....
.....

2. What did it touch in me?

Feelings, fears, old story, or body response

.....
.....
.....

3. What still feels unresolved?

The part I keep returning to

.....
.....
.....

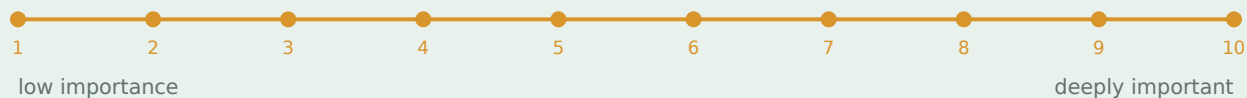
What Matters Here?

THE FULL YOU

Use these scales to notice the emotional weight of the relationship and the issue.



How important is this relationship to me?



How much does this issue matter?



4. What path seems most honest right now?

This is not a permanent verdict. It is a starting point for today.

☐ **Let it pass**

This may not need action, but I can still name what I felt.

☐ **Have a conversation**

There is enough safety and willingness to try mutual understanding.

☐ **Set a boundary**

I need to change my access, proximity, response, or availability.

☐ **Create distance**

The relationship may need space, protection, or a different level of trust.

Conversation Or Boundary?

THE FULL YOU

Separate what can be shared from what must be protected.



A helpful distinction

A conversation asks whether repair can happen together. A boundary names what you will do to protect health, dignity, or safety.

What I can share or ask for

.....

.....

.....

What I need to protect

.....

.....

.....

What is within my control?

.....

.....

.....

What is not within my control?

.....

.....

.....

5. My cleanest next sentence

One sentence I could say, write, or hold privately

.....

.....

Repair Readiness

THE FULL YOU

Before reaching for repair, notice whether the conditions for repair are actually present.



Check what feels true enough

- ☐ There is enough emotional or physical safety to engage.
- ☐ I can name what happened without abandoning myself.
- ☐ The other person can hear impact without immediate punishment, denial, or attack.
- ☐ There is some willingness to understand, change, or make amends.
- ☐ This has not become a repeating pattern I keep explaining away.

6. If repair is possible

What I need to understand from them

.....

What I need them to understand from me

.....

What would make trust feel a little safer?

.....

Prepare The Conversation

THE FULL YOU

A guide for staying honest without abandoning steadiness.



The shared hope or common good I can name

.....
.....

What I felt

.....
.....

What I needed

.....
.....

What I am requesting now

.....
.....

Words that keep the door open

What I hear you saying is...

It makes sense that you would feel...

I want to understand this before I respond.

Can we look at what each of us needs going forward?

Boundary And Aftercare Plan

THE FULL YOU

If closeness is not the next right step, choose protection with clarity.



7. The boundary I can live with

What I will do differently

.....

.....

What I will no longer participate in

.....

.....

What support or grounding do I need after this?

.....

.....

Closing reflection

What is the kindest honest truth I can carry from this worksheet?

.....

Repair requires two people. Peace can begin with one person telling the truth kindly.