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THE REPAIR SERIES | FREE READER COMPANION

Between Us

An Eighteen-Repair Companion

Two routes through love and repair: one for your own noticing, one for reading together, with permission to change routes whenever the shared page is not the right room.

THE QUESTION IT STARTS FROM

What is mine to notice, and what is ours to repair?

NOTICE MORE. ASSUME LESS.

BEGIN HERE

Two routes, neither one lesser

The book closes its chapters with three deliberate movements: reading together, your own noticing and one small repair. This companion preserves those routes without copying the chapter pages.

- Use the individual route for anything that is yours to understand or choose.
- Use the together route only when both people can participate freely and respectfully.
- Change routes at any time. Nothing is lost by continuing alone.
- Choose one repair at a time. Eighteen is a library, not a checklist.

A NOTE ON PACE

This is not couples therapy. It does not assume that every relationship should be repaired or continued. If a shared conversation does not feel safe or freely chosen, use the individual route and seek appropriate support.

CHOOSE YOUR ROUTE

How are you using this today?

Circle one route on the printed page. You may make a different choice for every repair.

I am using this on my own

Use the prompts to notice your learning, role, assumptions, needs and choices. You do not need another person's agreement to reflect honestly or make a decision within your control.

We are using this together

Take turns. Each person answers for themselves. Do not interpret the other person's page, demand disclosure or use a written answer as evidence in an argument.

The first nine repairs

Begin with the room you are already in. The sequence follows the book, but the repairs can be used in any order.

1

Receiving

Notice which forms of care are easy to accept and which make you move away.

2

The role

Let one familiar relationship role loosen without rushing to rescue the gap.

3

The pull

Separate bodily activation from the meaning assigned to it.

4

The dance

Name a shared pattern without assigning one person all the blame.

5

The complaint

Bring one event and one need rather than a verdict about character.

6

The attempt

Recognise a repair attempt without pretending the conversation is finished.

7

The proof

Choose a promise small enough to become visible evidence.

8

The boundary

Make a limit clear without adding a second speech to erase it.

9

The ordinary detail

Use small daily truth to reduce distance and performance.

REPAIR INDEX 10-18

The next nine repairs

The later repairs widen the view to practical life, friendship, family, receiving, safety, endings and continued practice.

10

The practical room

Bring money, labour or logistics into calm daylight.

15

The turn

Respond to a small bid for connection with visible attention.

11

The reach

Make one simple move towards a friendship that matters.

16

The daylight test

When a relationship is unsafe, individual support takes priority over shared repair.

12

The family role

Decline one inherited part without staging a full family trial.

17

The reclaiming

Choose one small part of life to make your own again after an ending.

13

The unhurried body

Allow closeness, space or affection to be named rather than guessed.

18

The practice

Choose one repair to repeat long enough to learn from it.

14

The acceptance

Receive kindness without immediate repayment or deflection.

LOVE LEARNED

Repair 01: Receiving

Use this alone or together. The question is not whether care was offered perfectly, but what makes it possible to land.

A form of care that reaches me easily is:

A form of care I tend to deflect, minimise or repay quickly is:

What might help me receive it more clearly?

One small act of receiving I am willing to practise:

LOVE LEARNED

Repairs 02-04: Role, pull and dance

Look at the pattern as something that happens between history, bodies and the present room.

The role I reach for most often in closeness is:

What the role protects, and what it costs:

The shared dance we recognise is:

A neutral sentence we can use to name the dance early:

CONFLICT

Repair 05: A complaint without a character verdict

Describe one event, its impact and the need underneath it.

The specific event was:

The impact on me was:

The need or request underneath the complaint is:

The character verdict I will leave outside the conversation is:

REPAIR

Repair 06: Recognising an attempt

A repair attempt can be received without closing the entire issue.

What repair attempt did I notice, or nearly miss?

What part can I acknowledge honestly?

What still needs to be discussed?

A sentence that can hold both acknowledgement and continuation:

TRUST

Repair 07: Promise and proof

Trust is easier to read when the promise is specific, observable and appropriately sized.

The promise under discussion is:

What would count as visible follow-through?

What is a realistic time frame?

How will we revisit it without monitoring each other constantly?

BOUNDARIES

Repair 08: A boundary with one message

A boundary describes what you will do or participate in. It does not require a closing argument.

The situation that needs a clearer limit is:

What is within my control?

My boundary in one clear sentence:

The second explanation I am choosing not to add:

DISTANCE

Repair 09: The ordinary detail

Connection often grows through accurate, ordinary information rather than polished updates.

What part of my ordinary day have I stopped sharing?

What mood or detail would make my current experience more visible?

How do I prefer to stay connected across distance or busy seasons?

One ordinary detail I will offer this week:

PRACTICAL LOVE

Repair 10: The practical room

Love also lives in calendars, money, tasks, space and follow-through.

The practical topic we keep postponing is:

What information needs to be visible before we talk?

What does each person currently carry?

What is one decision we can make without solving everything?

PEOPLE AROUND THE LOVE

Repairs 11-12: Friendship and family

Not every relationship needs the same form of attention, access or explanation.

A friendship I want to reach towards is:

The smallest genuine reach could be:

A family role I am tired of automatically performing is:

One way I can decline the role without building a courtroom:

BEING LOVED WELL

Repairs 13-15: Closeness, receiving and turning towards

Use plain preferences rather than asking another person to guess correctly.

A form of closeness or space that helps me settle is:

Something kind I find difficult to receive is:

A small bid for connection I often miss is:

How I can respond more visibly next time:

PAUSE THE SHARED ROUTE

Repair 16: When the shared route is not the work

Repair requires freedom, responsibility and enough safety for honesty. A shared worksheet cannot create those conditions by itself.

Do I feel free to answer honestly, disagree and stop this conversation?

What part of this belongs on the individual route instead?

Who is a trustworthy person or qualified professional I can speak to?

What is one practical step that supports clarity or safety?

USE THE INDIVIDUAL ROUTE

You do not owe anyone a shared worksheet, joint disclosure or another attempt at repair. If the relationship is unsafe or controlling, seek support outside the relationship.

ENDINGS

Repair 17: Reclaiming after an ending

Repair after an ending may mean rebuilding your own relationship with time, place and identity.

Something that still feels jointly owned in my mind is:

What part of it do I want to reclaim, release or redefine?

The smallest version of reclaiming it could be:

What support or company would make that step kinder?

THIRTY-DAY PRACTICE

Repair 18: Choose the practice

Choose one repair that fits the current season. Repetition should create information, not another standard to fail.

The repair I am choosing is:

Why this one matters now:

What a small, repeatable version looks like:

When I will review what it taught me:

PAUSE AND RETURN

The conversation pause page

Use this page whenever continuing would make the conversation less accurate, respectful or useful.

The signal that tells us to pause is:

What each person needs during the pause:

What should not happen during the pause:

If appropriate, when and how we will decide whether to return:

WHEN YOU ARE READY

One repair, honestly sized.

A relationship is not repaired by completing every page. The useful work is smaller and more exact: noticing your part, naming what is shared, respecting what cannot be repaired together, and choosing one practice that fits the relationship you are actually in.

[CONTINUE WITH THE BOOK](#)[LEAVE AN HONEST REVIEW](#)

A FINAL NOTE

This companion is for personal reflection and education. It is not therapy, diagnosis or medical advice. Keep what is useful, leave what is not, and seek qualified support when a question needs more than a page.