

Repair Maxims



- All people are annoying.
- There's nothing more difficult than another person.
- There's a big difference between annoying and threatening.
- There's no such thing as a low-maintenance person.
- All people are high-maintenance, up close.
- Couples usually act according to wiring, not knowledge, especially under stress.
- This 'wiring', or attachment style, is faster than cognitive thought.
- Most people don't know what they are doing or why – most people are on 'autopilot'.
- Memory retrieval under stress is not always reliable.
- Self-narrative needs reflection and testing.
- People are usually doing the best they can.
- All relationship failures begin with a dysregulated CNS – not necessarily the 'fault' of one or the other.

Shared Principles of Governance

- We put the relationship first, above all other self-interests.
- We protect each other's sense of safety and security at all times.
- We apologize, make amends, and rectify misunderstandings or injuries in short order.
- We are fully transparent with each other.
- We minister to each other immediately when we are in distress.
- We are the first to know things.
- We never threaten each other or the relationship.