

Repair after the storm

Bright Steps · I Do / We Do / You Do worksheet

Three small parts

1. Reconnect (hug, hand, sit close). 2. Name what you saw (no judgment). 3. Tiny promise: "I'm here. We're okay."

Skip the lecture

Lessons happen HOURS later, not in the rubble. Teaching during a storm builds shame.

Recovery time

Track how fast they come back to you. The number will shrink.

Track it this week

Day	Big moment? (Y/N)	Did repair?	Lecture skipped? (Y/N)	Recovery time (min)

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