

Conflict Repair Toolkit

**Tools That Work in Both
Vanilla and D/s Relationships**



From arguments to aftercare, rebuild connection faster and stronger.
Free Companion to the Clash & Consent Series

by Michele

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Welcome & How to Use

Welcome

Welcome to the Conflict Repair Toolkit.

I created this because I know how painful conflict can feel, especially when you're trying to do relationships (and power exchange) right. Whether you're in a vanilla relationship or a D/s dynamic, repair is where real intimacy is born.

This toolkit gives you practical, printable tools you can use right away. Use it solo when you need to calm down, or together when you're ready to reconnect.

You are not failing if you fight. You are human. The couples who last are the ones who learn how to repair well.

Let's get to work.

Michele

How to Use This Toolkit

- Read it during calm times to prepare
- Pull it out right after conflict
- Review it weekly as a couple
- Look for Vanilla and D/s adaptations throughout

Quick Self-Assessment

Where Is Your Conflict Style Right Now?

Rate each statement from 1 (Never) to 5 (Almost Always):

1. We take timeouts when things get too heated.
2. I feel safe speaking honestly with my partner.
3. We repair after most conflicts within 24 hours.
4. I can validate my partner even when I disagree.
5. In D/s (if applicable), repair honors our power dynamic.
6. We have clear rituals or tools for reconnection.
7. We are able to stay respectful even when we're angry.
8. Both of us take responsibility for our part in conflicts.
9. I feel heard and understood after a disagreement.
10. We are both growing in emotional competence.

Scoring:

40-50 – Strong skills. Keep practicing!

25-39 – Room to grow. This toolkit will help.

10-24 – You're in a tough spot. Use the tools + consider extra support.

The 6-Step Repair Process

(Works for both vanilla and D/s)

1. Pause & De-escalate

Call a timeout. Use a safeword if needed. Step away and breathe.

2. Regulate Yourself First

Calm your nervous system before trying to fix anything.

3. Reconnect Gently

A soft touch, "I love you," or a simple check-in ritual.

4. Listen & Understand

(LVAC) Listen fully →
Validate their feelings →
Ask open questions →
Comment last.

5. Offer Repair

Give a sincere apology.
Acknowledge the hurt.
Ask what they need.

6. Rebuild & Prevent

Decide on one small change for next time.
End with affection or aftercare.

Add a D/s elements: Add kneeling, Titles, or protocol where it feels natural.

Conflict Trigger Identifier

My Conflict Trigger Worksheet

| Trigger | My Reaction | Partner's Likely Reaction | Underlying Need |
|---------|-------------|---------------------------|-----------------|
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Fill this out individually, then compare calmly using the 6-step process.

Repair Apology Builder

Repair Apology Builder Worksheet

1. What I did or said that caused hurt:

2. How I imagine that made you feel:

3. What I was feeling in that moment:

4. What I will do differently next time:

5. What I need from you to help us move forward:

Weekly Relationship Check-In

Weekly Relationship Check-In

1. One thing that went well this week in our relationship:

2. One thing that felt challenging or hurtful:

3. One thing I need more of from you:

4. One thing I can give more of to you:

5. How is our connection / power dynamic feeling right now?

6. One thing I'm grateful for about you:

Taking Care of One Another

How to take care of your partner during conflict

1. Offer kindness when they are struggling, even if you're hurt too.
2. Remember they are not the enemy – the conflict is.
3. Give them the same grace you hope to receive.
4. In D/s dynamics, care looks like the Dominant staying accountable and the submissive feeling safe to speak truth.

How to truly listen (LVAC in Action)

1. **Listen** fully without planning your reply.
2. **Validate** their feelings: “That makes sense you felt abandoned.”
3. **Ask** gentle questions: “What do you need most right now?”
4. **Comment** only after they feel truly heard.

This is how we build emotional safety and deeper trust.

Preventing Conflict & Closing

Ideas for Preventing Conflict

Prevention is one of the greatest acts of love. Here are gentle ways to reduce unnecessary pain:

- Hold weekly check-ins using the tool on Page 7.
- Talk about needs and expectations before they become problems.
- Create rituals that reconnect you daily (morning coffee, evening gratitude, protocol check-ins, etc.).
- Practice LVAC in calm moments so it becomes natural during hard ones.
- Keep your agreements (contracts, rules, boundaries) alive and updated.

A Final Note

Conflict is not the end of connection – it is an invitation to grow closer. Every time you choose to repair, listen, validate, and care for one another, you are building something stronger and more beautiful.

Thank you for doing this important, tender work. You are capable of deep repair. You are worthy of safe, loving connection.

Keep choosing each other.



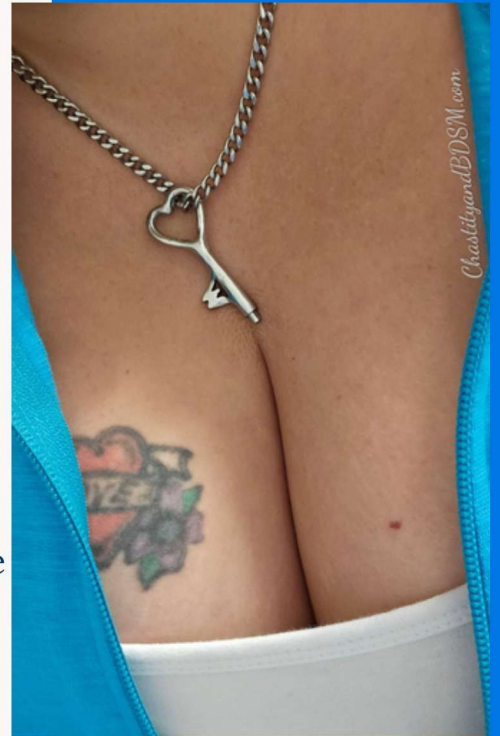
About the Author

Hi, I'm Michele — also known as MichelesaysNo — a Dominant woman with over 25 years in the kink lifestyle. I thrive on psychological control and power exchange. Naturally sensual, my focus is femdom, chastity, tease and denial, BDSM, and my recently embraced sadistic side.

My journey began almost 30 years ago online when I met my husband Jon. What started out as tease and orgasm denial turned to experimentation and grew into a full D/s dynamic. We've actively lived the lifestyle for 15 years. In 2013 we launched our blog (originally *Monkey in a Cage*, now *Chastity and BDSM Lifestyle*) to show that real married couples with kids can still have a thriving kinky relationship. It is a place to share our journey, an educational resource, and a supportive space for others.

Clash & Consent comes directly from that real-life experience. This **Repair Toolkit** addresses the real conflicts that arise when desire, ego, love, and power collide in kinky dynamics and offers practical ways to repair and strengthen relationships with consent at the core.

For the past decade I've been active in my local kink community, moderated a chastity forum, mentored many reluctant wives into amazing keyholders, worked as a professional online keyholder, and helped edit femdom books. My passion is helping people build healthy, joyful, and sustainable kinky lives. Thank you for downloading the **Clash & Consent Repair Toolkit**. I hope these tools help you turn clashes into stronger connections.



Michele



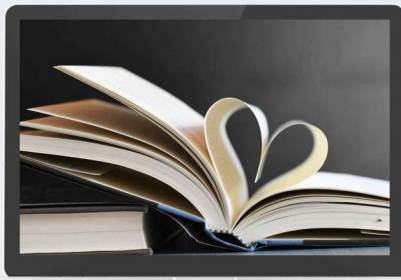
Throne

@michelesaysno

Resources



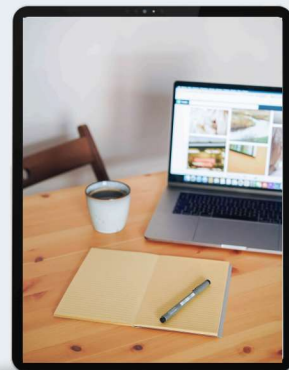
Recommended Reading



- LVAC Nation by Dr. Anthony Ferraioli
- The New Topping Book & The New Bottoming Book by Janet W. Hardy & Dossie Easton
- Fight Right by John & Julie Gottman

Kink-Aware Professional Support

- Kink Aware Professionals (KAP):
www.kaprofessionals.org
- Sex-Positive & Kink-Allied Therapists:
www.psychologytoday.com/us/therapists?category=sex-positive-kink-allied
- National Domestic Violence Hotline: 1-800-799-7233 | www.thehotline.org



Thank you for using this toolkit.
You are not alone on this journey.