

# Repair Bear

Oh Grumpy Bear,  
this wasn't fair.  
I lost my temper  
and you were there.

My feelings were so big,  
you see.  
My voice got loud,  
it scared you AND me.

My thoughts were stuck  
in black and white,  
I only saw  
a wrong and right.

But now I'm calm  
and I can see  
there is a better  
way to be.

I took a breath,  
your turn now too.  
In calming down,  
I have words to share with you.

I'm sorry my love,  
I care about you.  
My big feelings are mine  
and are not about you.

**Let's find a way  
to come back together,  
to reconnect  
and be closer than ever.**