

How to Use I Ching After a Fight

A Practical Workbook for Couples — Conflict Repair, Honest Questions & Your Next Step

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This guide is for the moment after an argument when you feel stuck — when you want to move toward repair but do not know where to start.

The I Ching is not a prediction tool. It will not tell you whether your partner will forgive you, or whether your relationship will survive. What it does is offer a mirror — a way to step outside your emotional reaction and see the situation from a wider angle.

Use this guide when...

- You feel too reactive to have a productive conversation right now
- You have apologized but something still feels unresolved
- You keep having the same argument and cannot find a way through
- You want one clear, grounded next step — not a prediction

Before you start

- Wait at least 30 minutes after the argument ends before doing a reading
- Find a quiet place where you will not be interrupted
- Silence your phone
- Take three slow breaths

One focused question per reading. One honest action per day. That is enough.

Write Your Question

The quality of your reading depends almost entirely on the quality of your question. A vague or emotionally reactive question will produce a reading that is hard to apply.

What Makes a Good I Ching Question

- Starts with "What" or "How"
- Focuses on what you can understand or do – not on predicting your partner
- Is specific to this conflict – not a general life question
- Comes from genuine curiosity, not from wanting to be told you are right

Examples

Good Questions	Avoid These
What is the most important thing I am missing about this situation?	Will my partner forgive me?
What energy or attitude do I need to bring to repair this conflict?	Is our relationship going to be okay?
How can I approach my partner in a way that opens dialogue rather than closes it?	Who is really at fault here?
What am I avoiding that is making this worse?	Should I leave or stay?
What does my partner need from me that I have not yet offered?	Why does my partner always do this?

Write Your Question Here

Take your time. Rewrite it if the first version feels reactive or outcome-focused.

Draft

Final question I will bring to this reading

Toss the Coins

You will toss three coins six times. Each toss produces one line of your hexagram. You build the hexagram from the bottom up – Line 1 first, Line 6 last.

What You Need

- Three coins of any kind (quarters work perfectly)
- A flat surface
- This worksheet

Coin Values

- Heads = 3
- Tails = 2

Add the three coins after each toss. The total (6, 7, 8, or 9) tells you the line type.

Line Types

Total	Line Type	Symbol	Meaning
6	Old Yin	-- ◆	Broken line – changing
7	Young Yang	—	Solid line – stable
8	Young Yin	--	Broken line – stable
9	Old Yang	— ◆	Solid line – changing

Changing lines (◆) are especially significant. They show where movement and transformation are happening in your situation. Note them carefully.

Your Six Tosses — Record Sheet

Complete all six tosses before looking up your hexagram.

Toss	Line #	Coin 1 (H=3 / T=2)	Coin 1 (H=3 / T=2)	Coin 1 (H=3 / T=2)	Total	Line Type	Changing?
1	Line 1 (bottom)	_____	_____	_____	_____	_____	_____
2	Line 2	_____	_____	_____	_____	_____	_____
3	Line 3	_____	_____	_____	_____	_____	_____
4	Line 4	_____	_____	_____	_____	_____	_____
5	Line 5	_____	_____	_____	_____	_____	_____
6	Line 6 (top)	_____	_____	_____	_____	_____	_____

Draw Your Hexagram

Using your six lines above, draw your hexagram here (Line 1 at the bottom, Line 6 at the top):

Line 6 (top): _____

Line 5: _____

Line 4: _____

Line 3: _____

Line 2: _____

Line 1 (bottom): _____

My hexagram number _____

My relating hexagram (if changing lines) _____

Find Your Hexagram

Your hexagram is made of two trigrams — a lower trigram (Lines 1–3) and an upper trigram (Lines 4–6). Identify each, then find where they intersect in the lookup table below.

Trigram Reference

Symbol	Name	English	Lines (bottom to top)
☰	Qián	Heaven	Yang Yang Yang
☷	Kūn	Earth	Yin Yin Yin
☳	Zhèn	Thunder	Yang Yin Yin
☵	Kǎn	Water	Yin Yang Yin
☶	Gě	Mountain	Yin Yin Yang
☴	Xùn	Wind	Yin Yang Yang
☲	Lí	Fire	Yang Yin Yang
☱	Duì	Lake	Yang Yang Yin

Hexagram Lookup Table

Upper ↓ / Lower →	☰ Heaven	☷ Earth	☳ Thunder	☵ Water	☶ Mountain	☴ Wind	☲ Fire	☱ Lake
☰ Heaven	1	12	25	6	33	44	13	10
☷ Earth	11	2	24	7	15	46	36	19
☳ Thunder	34	16	51	40	62	32	55	54
☵ Water	5	8	3	29	39	48	63	60
☶ Mountain	26	23	27	4	52	18	22	41
☴ Wind	9	20	42	59	53	57	37	61
☲ Fire	14	35	21	64	56	50	30	38
☱ Lake	43	45	17	47	31	28	49	58

Quick Reference — 12 Hexagrams Most Relevant to Conflict & Repair

These are the hexagrams that appear most frequently in relationship conflict readings. Use this summary as your starting point before reading a full commentary.

HEXAGRAM 6

訟 Sòng — Conflict

Upper: Heaven / Lower: Water

The energy of argument and opposing forces. Neither side can fully win right now. The reading counsels stepping back before escalating. Do not push for resolution today — let the heat dissipate first.

Retreat from the battlefield. Resolution comes later.

HEXAGRAM 11

泰 Tài — Peace / Prospering

Upper: Earth / Lower: Heaven

A favorable hexagram. The energies of heaven and earth are in harmony — the conditions for reconnection are present. You may be closer to repair than you feel. Small, sincere gestures now carry great weight.

The door is open. Take one gentle step.

HEXAGRAM 12

否 Pǐ — Standstill / Stagnation

Upper: Heaven / Lower: Earth

Communication has broken down. The two energies are moving away from each other. This is a time to be patient and not force a resolution. Focus inward — what can you tend to in yourself while the outer situation rests?

Do not push. Tend to your own inner ground.

HEXAGRAM 29

坎 Kǎn — The Abysmal / Water

Upper: Water / Lower: Water

You are in deep, difficult territory — repeated challenge. The I Ching does not say turn back. It says: stay true, keep moving forward with sincerity, and trust that water finds its way through.

Keep going with honesty. Do not abandon your integrity.

HEXAGRAM 38

睽 Kuí — Opposition / Estrangement

Upper: Fire / Lower: Lake

Two people who fundamentally see things differently right now. This does not mean the relationship is over — it means connection must be rebuilt carefully, through small agreements rather than large confrontations.

Find one small thing you agree on. Start there.

HEXAGRAM 39

蹇 Jiǎn — Obstruction

Upper: Water / Lower: Mountain

The way forward is blocked. Pushing harder will not work. Stop, look inward, and ask what part of the obstacle is actually within you. Sometimes the greatest obstruction is our own resistance.

Look at your own contribution before asking them to move.

HEXAGRAM 40

解 Xiè — Deliverance / Release

Upper: Thunder / Lower: Water

The tension is beginning to ease. This hexagram suggests the worst of the conflict has passed and release is coming. Move gently and do not stir things up again. Forgiveness — or at least peace — is within reach.

The storm is passing. Move quietly toward calm.

HEXAGRAM 47

困 Kùn — Exhaustion / Oppression

Upper: Lake / Lower: Water

You feel drained, unheard, or trapped. The I Ching acknowledges the difficulty — it is real. But a person of integrity does not abandon their values in exhaustion. Rest, then act from your best self.

Rest first. Then speak from your values, not your depletion.

HEXAGRAM 48

井 Jǐng — The Well

Upper: Water / Lower: Wind

Return to what is essential and nourishing. The well represents the deep resources that sustain a relationship — trust, care, shared history. Are you drawing from those resources, or have you let the well run dry?

Return to what originally connected you.

HEXAGRAM 49

革 Gé — Revolution / Molting

Upper: Fire / Lower: Lake

Something needs to fundamentally change. This is not a small adjustment — a pattern, a dynamic, or an assumption must be released. The reading calls for genuine transformation, not surface-level accommodation.

Real change is needed. What are you willing to let go of?

HEXAGRAM 58

兌 Duì — The Joyous / Lake

Upper: Lake / Lower: Lake

A genuinely positive hexagram. Joy and openness are available. This reading often appears when the energy between two people is warmer than they realize — when one honest, gentle conversation could shift everything.

More warmth exists between you than the conflict suggests.

HEXAGRAM 63

既濟 Jì Jì — After Completion

Upper: Water / Lower: Fire

Something has been resolved, but the situation is fragile. This hexagram warns against complacency — the work of maintaining what has been repaired is ongoing. Small, steady effort keeps the peace.

The repair has begun. Now tend it carefully.

Turn Your Reading Into Action

Reading the I Ching is only useful if it changes something – even something small. Answer the three questions below. Write the first thing that comes to mind. Do not edit yourself.

Question 1

What is this hexagram telling me about my own role in this conflict – not my partner's role, mine?

Question 2

What is one thing I have been avoiding – a conversation, an admission, a feeling – that this reading seems to be pointing toward?

Question 3

If I were acting from my best self – not my wounded or defensive self – what would I do next?

My Action for Today

Choose one small, sincere, low-pressure action. Not a grand gesture. Not a long conversation (unless the energy is genuinely right for it). Something honest and human.

EXAMPLES

- Send a text that says: "I've been thinking. I'm sorry for my part in this."
- Make them a cup of coffee without saying anything about the argument
- Ask: "Is there anything you need from me right now?"
- Write them a short note – even if you don't give it to them yet
- Give them space for one more day, deliberately and with care – not as punishment

MY ACTION TODAY IS

I WILL DO THIS BY

A Few Final Reminders

ONE READING IS ENOUGH.

If you find yourself casting again and again hoping for a different answer, that is usually anxiety – not a lack of guidance. Trust the first sincere reading.

THE I CHING WORKS WITH YOUR HONESTY.

A reading cast in anger or denial will reflect that energy. If you are not ready to hear an honest answer, wait.

THIS IS NOT A SUBSTITUTE FOR REAL CONVERSATION.

At some point, the insight from a reading needs to become words spoken out loud, kindly and clearly, to your partner. The I Ching can prepare you for that conversation – it cannot replace it.

SERIOUS SITUATIONS NEED PROFESSIONAL SUPPORT.

If your relationship involves ongoing patterns of emotional harm, controlling behavior, or serious betrayal, please consider working with a licensed couples therapist. The I Ching is a reflective tool – it is not equipped to address clinical or safety concerns.

A Few Final Reminders

Use the online I Ching reading tool, explore the full Conflict Repair Guide, or browse I Ching for Couples. The I Ching can prepare you for that conversation – it cannot replace it.

[GET YOUR I CHING READING](#)

[FULL CONFLICT REPAIR GUIDE](#)

[I CHING FOR COUPLES](#)