

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# **CONFLICT RESOLUTION**

*Think about a conflict that you experienced recently.*

*Who was involved?*

\_\_\_\_\_

*Describe the conflict.*

\_\_\_\_\_

*MY REACTIONS*

\_\_\_\_\_ 's *REACTIONS*

*Think about what you described above. Which reactions were appropriate? Which were not appropriate?*

*APPROPRIATE REACTIONS*

*INAPPROPRIATE REACTIONS*

*What happened next?*

\_\_\_\_\_

*How did you feel afterwards?*

\_\_\_\_\_

*Will you do the same or differently next time?*

\_\_\_\_\_