

# **CONFLICT RESOLUTION WORKSHEET**

Think of a conflict you are in or have been in....

1. Briefly describe the situation:
  2. What is your relationship to the people involved?
  3. What are your feelings?
  4. In what way does the conflict affect you personally?
  5. In what ways does the conflict affect the broader situation?
  6. Are these relationships you care about?  Yes  No
  7. Will the situation matter a month from now?  Yes  No

## SUMMARY:

- If you don't have strong feelings about the relationships involved or if it is not an important situation:  
*You may want to consider letting go, moving on.*
  - If you do have strong feelings or the situation impacts important issues:  
*You might want to consider some ways of resolving the issue.*

## **REFRAMING THE PROBLEM:**

1. How have you tried to deal with this conflict?
2. What other stress is going on in your life that may be affecting your reaction to this situation?
3. What experiences or situations from the past remind you of the situation?
4. What will happen if the situation doesn't get resolved?
5. Are you willing at this point to make these statements?
  - I can make this conflict situation better.       Yes       No
  - I want to make it better.                           Yes       No
  - I am willing to try something new.                 Yes       No

## **SUMMARY:**

- If you answered NO to the statements in question 5, you might want to take some more time to think about the situation.
- If you answered YES to the statements in question 5, you might want to explore some possible solutions.

## **POSSIBLE SOLUTIONS:**

What would it look like if it were better?

Are there others who might help you to make things better? Who are they? What could they do? How would you get them to help?

List some things you could do to make it better:

- a.
- b.
- c.

Of the things you could try, what are the ones you are most willing to do?