



**ACT WISE to Resolve Conflicts**

**Directions:**

Think about each action in the left-hand column. Place an “x” in the row after each action under the statement that best describes what you did and how easy or hard it was to do. Write any ideas or thoughts you have in the column titled “Comments.”

	I did not do this step.	I did this step, but it was hard.	I did this step.	I did this step easily.	Comments
I managed feelings:					
I acknowledged how I felt.					
I calmed down so I could think clearly.					
I talked to the other person using an “I-message”:					
I said how I felt about the situation.					
I said what the person did that upset me.					
I said what I want the person to do instead.					



**Student Self-Assessment Checklist**  
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	I did not do this step.	I did this step, but it was hard.	I did this step.	I did this step easily.	Comments
I tried to solve the problem:					
I identified the situation.					
I identified the best goal.					
I identified ideas to try.					
I selected the best idea and acted.					
I evaluated what happened after I acted.					
I used the Check It Out questions.					
I talked with trusted adults.					