



Resolving a Conflict to Save a Friendship (Version A)

Directions: Read the paragraph about the situation. Answer the questions below as if you were this person in the situation. Then with your partner act out how you would resolve the conflict together.

The situation: You and your friend have been friends since you met in second grade. You have been on the same soccer team for years. You love the same music. You have a lot of fun when you practice soccer and listen to music together. But lately your friend wants to go inline skating with a group of kids in the park. You want to spend time with your friend the way you usually do. This week was the third time your friend chose to go skating instead of practicing soccer or listening to music with you. You feel upset. You think your friend is being selfish. You and your friend are starting to argue about this problem. You still want to be friends, but you're not sure what to do.



1. What would you do to calm down in this situation?
2. Put yourself in your friend's shoes. What do you think your friend is thinking and feeling?
3. How will you respectfully and assertively tell your friend how you feel? Write an I-message you would use.
4. What will you do to be a good listener when your friend talks?
5. What are your ideas for solutions to this conflict?
6. Which idea do you think is probably best for both you and your friend? Why? Think about the four qualities of good decisions when you choose.