



Name _____

Team Member _____

Team Member _____

Using Teamwork to Resolve a Conflict

Fill out this worksheet one step at a time. Write answers by yourself for the steps that have a white background. Talk with your team member(s) as you work on the steps that have a light gray background.

<p>Acknowledge your feelings.</p>	<p>How do I feel?</p>
<p>Calm down.</p>	<p>What can I do to calm down?</p>
<p>Talk with I-messages.</p> <p>I feel _____</p> <p>that (or when) _____.</p> <p>Please _____.</p> <p>Listen with respect when the other person talks.</p>	<p>What I-message do I want to say?</p> <p>What did I hear my team member(s) say?</p>
<p>What is the situation and what is the best goal?</p> <p>Check It Out</p> <ul style="list-style-type: none"> • Values? • Safety? • Rules? • Respect? • Realistic? <p>Cross out ideas that get a “No” answer. Ask for help if needed. Circle the goal both people agree is best.</p> <p>If both people don’t agree to resolve the conflict peacefully, walk away and get adult help.</p>	<p>What do we agree is the problem in our situation?</p> <p>What are our ideas for a best goal that will resolve the problem without violence?</p>



Ideas to think about.
Check It Out

- Values?
- Safety?
- Rules?
- Respect?
- Realistic?

Cross out ideas that get a “No” answer.
Ask for help if needed.

What are my ideas for reaching the best goal?

Select the best idea and act.

Listen with respect when the other person talks.

Which of our ideas do we agree is best?

Each team member signs in the space below to accept this idea and act on it!

Evaluate what happened.

How does each of us feel about our solution? Would we solve this conflict the same way if it happens again?