



Working Together 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 partner 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 _____ that (or when) _____. 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 partner 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>

