

Name	
My Partner	

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.

Acknowledge your feelings.	How do I feel?
Calm down.	What can I do to calm down?
Talk with I-messages. I feel that (or when) Please Listen with respect when the other person talks.	What I-message do I want to say? What did I hear my partner say?
What is the situation, and what is the best goal? Check It Out Values? Safety? Rules? Respect? Realistic? Cross out ideas that get a "No" answer. Ask for help if needed. Circle the goal both people agree is best. If both people don't agree to resolve the conflict peacefully, walk away and get adult help.	What do we agree is the problem in our situation? What are our ideas for a best goal that will resolve the problem without violence?

Student Worksheet, Page 2

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? Sign here to accept this idea and act on it!	
E	Me My Partner How does each of us feel about our solution? Would we solve this	
Evaluate what happened.	conflict the same way if it happens again?	

