

CONFLICT RESOLUTION

Identify a conflict or challenging situation you have faced and then respond to the questions below.

EVENT

What happened?



FEELINGS

How did it make you feel?

THOUGHTS

What were thoughts were you thinking when the event happened?

BEHAVIOR What was your response to the situation?

EFFECTIVE SOLUTIONS

List 3 ways you can handle this.

INEFFECTIVE SOLUTION

List one solution you know isn't correct then state why it wouldn't work.

