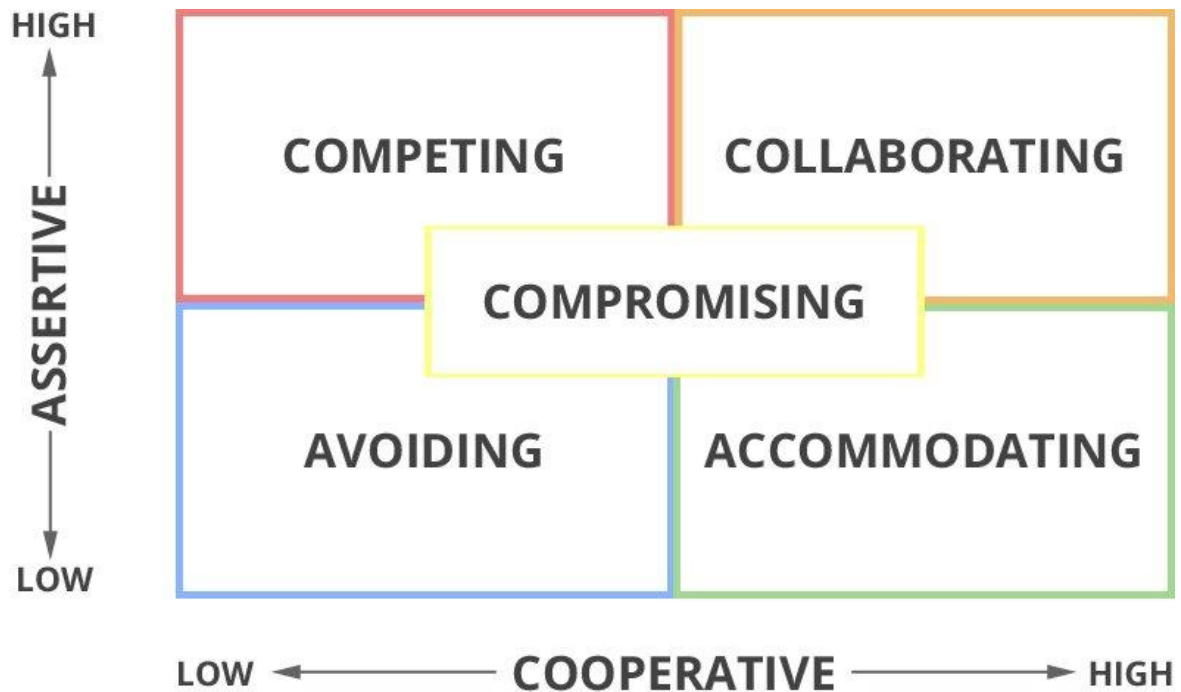# Conflict Resolution

Fearless Class Card

If you are assertive (low), this means you are _____ conflict.

If you are assertive (high), this means you are _____ against others.

If you are cooperative (low), this means you are _____ conflict.

IF you are cooperative (high), this means you are _____ others.

Fearless Class Card

How do you resolve conflict that comes your way?

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How do you redirect conflict that comes your way?

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Relationship Conflict Resolution

<u>Stay Focused on the Problem, Not the Person</u>

When a disagreement turns into name-calling, yelling, or mocking, it stops being helpful. Always try to focus on the problem, not on blaming the other person. If things start getting personal, it's best to take a break.

What does this mean to you?

_____

_____

_____

<u>Listen and Repeat</u>

In arguments, we sometimes care more about saying what we think than really listening. Before you respond, repeat what the other person said in your own words. Keep doing this until they agree that you understand them. Then, share your side, and the other person should do the same. This helps both people feel listened to, even if they don't agree.

What does this mean to you?

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<u>Use "I" Statements</u>

When talking about how you feel, start with "I". For example: "I feel upset when you don't tell me you're going to be late." This way, you're taking responsibility for your feelings instead of blaming. Saying "You never tell me when you'll be late" can make the other person feel attacked and get defensive.

What does this mean to you?

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Relationship Conflict Resolution

<u>Take a Break When Needed</u>

If the conversation starts getting heated or hurtful, it's time to take a break. Have a plan with the other person so either of you can ask for a time-out. Do something relaxing on your own, and come back to the conversation when you're both calm. Just make sure to return to the problem later so it doesn't go unsolved.

What does this mean to you?

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<u>Find a Solution</u>

Disagreements happen in every relationship. If you can't agree, focus on finding a solution instead. Look for a compromise that works for both people. Ask yourself if the issue is really worth arguing about, and if it's not, let it go.

What does this mean to you?

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