Conflict Resolution Organizer

Work with a partner. Read each conflict, ask three questions, and decide if and how to resolve it.

Name _____ · Partner's name _____

Three questions to ask

1. Is there a solution?
2. Is it a big deal?
3. Can I change the other person's mind?

Use an "I feel" statement

I feel _____ when you _____ because _____.

Example: "I feel worried when you don't pay me back, because I need that money for lunch too."

Conflict 1
Your friend Janine forgot her lunch and lunch money again. You have loaned her money several times, and she still hasn't paid you back.

Conflict 2
Pretend you are Ricardo. You want to get a weekend job. Your parents won't let you, because they are afraid your grades will drop.

Conflict 3
Your group project is due tomorrow. One person in your group still hasn't done their part.

	Is there a solution?	Is it a big deal?	Can I change their mind?	Will I try to resolve it?	My "I feel" statement
Conflict 1	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	
Conflict 2	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	
Conflict 3	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	

Act it out with your partner. What worked, and what would you change?

Tip: Not every conflict needs to be solved. If it isn't a big deal, or there is no solution, it may be better to let it go.

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