

CONFLICT RESOLUTION

Disagreements are a natural part of sharing a space, but handling them with respect and open communication makes all the difference. How you approach a conflict can make a difference. A little patience and understanding can turn conflicts into opportunities for a stronger relationship within your community.

DESCRIBE THE CONFLICT

What is the specific concern and state without assumptions or judgement.

REFLECT

What happened from my perspective? What feelings am I experiencing?
Don't make assumptions about the other people involved.

NEEDS

What are my unmet needs?

ACTIVE LISTENING

Listen to understand and ask clarifying questions while meeting with the other parties.

SOLUTION FOCUSED

List all options for a solution. This may include change on your part. It is not about winning or who is right. Its about coming together and living in a communitiy.

CONFLICT RESOLUTION

A Guided Reflection

List what is working well in your community.

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What are some things you would like to see improved in the community?

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I feel most comfortable when...

What I like most about our community...

I feel frustrated in our community when...

When I feel I am not being respected or unheard in the community I usually will usually respond how?

I prefer to communicate how...

I prefer issues to be brought to my attention by...

Potential solutions: Where can I make changes to address concerns in the community?

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Other thoughts, feelings, our ideas