



A Conflict I Have Had

My Side vs. Their Side

Directions: Choose a recent conflict that you have had with a **friend/sibling**. Complete the following six-step process for the event.

1. Time Yourself out (Name one thing you can do to regain control.) _____

2. The problem (My side of the story): _____

3. Did **their** story agree with mine? _____ If "NO", Why not? _____

_____ If "YES", What was the problem? _____

4. What were my **listening skills** like? _____

5. The solution (compromise, apology, commit to change, agree to disagree): _____

6. Adult involvement (How could an adult have helped?): _____

Looking back on the event, how do you feel about the way the problem was resolved? _____

What would you do differently? _____

Student Signature: _____ **Date:** _____

Parent Signature _____ **Date:** _____