

CONFLICT RESOLUTION WORKSHEET

1. Who did you have a conflict with?

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2. What was the conflict about?

3. Why was it important to you to have this conflict?

4. How do you think it made the other person feel? Why?

5. How did this conflict make you feel? Why?

6. List two things you could have done differently to avoid the conflict?

1.
2.

7. What would you like to say to the other person?
