Name _____

Conflict resolution is figuring out a solution to a disagreement. Conflicts can occur because of differences in personality, opinion, or even just a misunderstanding. Everyone has likely experienced conflict at some point.

Put a check mark next to each of the situations you've done or had happen to you.

- ☐ Argued with parents
- ☐ Disagreed with a teacher about a grade
- ☐ Gotten into a fight with siblings
- ☐ Had a falling out with a friend
- ☐ Fought with a boyfriend/girlfriend
- ☐ Had a disagreement in a group project
- ☐ Dealt with a bully
- ☐ Been involved in online drama or arguments

Now circle the ones you think you resolved well.

How many conflicts did you resolve well? _____

How did you resolve the conflict(s) that ended well?

_____

_____

_____

Think about it!

Think about a conflict you've had that didn't end well. What could you have done differently?

_____

_____

_____