
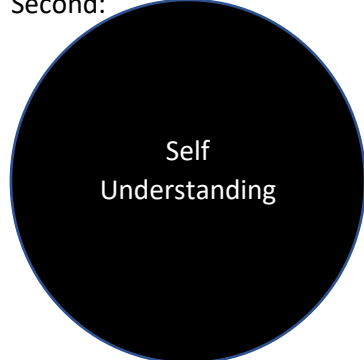




When a Conflict Arises, Check – Have You Worked On:

<p>First:</p> <div style="text-align: center;">  </div> <p style="text-align: right;">✓ or X</p>	<p>Emotion regulation is key to thinking and speaking productively: If you are feeling overwhelmed and in distress or a discussion has gotten you heated or shut down, before continuing, remember: 4-7-8 breathing exercise tense and release exercise timeout advanced self soothing plan And/Or</p> <p>Distress – Understanding Me -whether you need to understand why you are so distressed in order to calm down, or whether you have calmed down and want to continue to deal with an issue or conflict, make sure you really understand yourself. In order to communicate productively, you need to know what you are experiencing and why.</p> <p>I Statement – Is this a more simple, situation, one where you need to express a want, need or conflict? Always use an I statement to keep judgment out of the equation Speaker – Listener – Curious Questioner – Is there a more complicated, emotionally charged or follow up from a heated disagreement (one where you needed the self soothing and Distress Understanding Me tool) that needs to happen? Using this structured tool will be very helpful in keeping things calm as you discuss and ensuring you each feel heard.</p> <p>We Statement – After you’ve fully heard each other out, use this tool to start tackling the conflict as a team. Navigating and Negotiating a Conflict – Next, take what you’ve learned about where you agree and disagree and brainstorm different possibilities of how this conflict could be managed. If this becomes a problem don’t forget: Strategies for Absolute Standstill</p>
<p>Second:</p> <div style="text-align: center;">  </div> <p style="text-align: right;">✓ or X</p>	
<p>Third:</p> <div style="text-align: center;">  </div> <p style="text-align: right;">✓ or X</p>	
<p>Fourth:</p> <div style="text-align: center;">  </div> <p style="text-align: right;">✓ or X</p>	