healthy CONFLICT RESOLUTION TiPS

Get Calm First

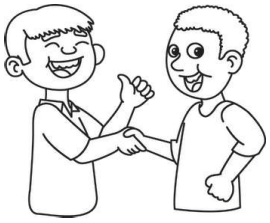
Wait until you are calm before addressing a conflict.Take some time to cool off and breathe.

Ignore or Walk Away

This works good when dealing with something that is annoying you.

Find a Win-Win Solution

Brainstorm a solution or make a deal where everyone feels heard and that their voices and needs matter.



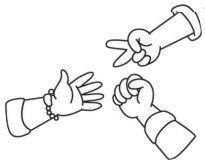
Share or Take Turns

Everyone wins!

Use an I-Message

Say how you feel, what you hope for and how you want to be treated. For example, "I felt ____when____" or "I would like____,"or "I want ____."

Play a Game of Chance



...like Rock, Paper Scissors or Flip a Coin.

Do Something Else

...like play another game.

Listen with an Open Heart

Listen to the other person without interrupting or judgment. Try to put yourself in their shoes.

Ask for Help

Get help if you feel unsafe or have tried 2 or 3 of these strategies and still feel stuck.

Say Words that Mean "No"

Use a strong and respectful voice to say that you are not okay with something.

Apologize

Saying you are sorry when you make a mistake helps to make repairs.

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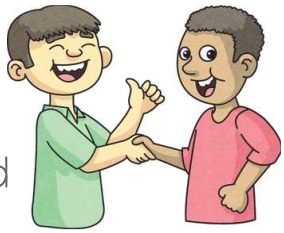

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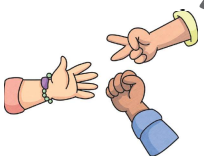

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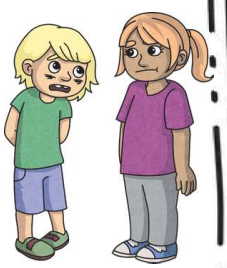

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