

# Conflict Resolution Worksheets

Name :

Date :

Directions : Identify a conflict challenging situation you have faced and then respond to the questions below.

**Event** What happened?

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**Feelings**

How did it make you feel?

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**Thoughts**

What thoughts were you thinking when the event happened?

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**Behavior** What were your responses to the situation?

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**Effective Solutions**

List 3 ways you can handle this

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**Ineffective Solution**

List one solutions you know isn't correct then state why it wouldn't work

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