

# Conflict Resolution Plan

Complete the stages below to help you better manage conflict. Describe a conflict situation that you would like to manage better. Write down the thoughts or feelings you often have. Record how you normally react in **what I do now**. Then use the next three stages to help you make a positive changes plan.

Describe a specific or typical event:

1. I think or feel:

2. What I do now is:

3. What I will do:

4. Things that could help:

5. Agreed actions with myself or others:

For this last stage, 5, remember to discuss with others if you would like them to take action and/or support your actions.