



# LOOKING BACK: A Self-Reflection

## Conflict Resolution Worksheet

### DEFINING CONFLICT

What comes to mind when you think of “conflict?” Is your image positive or negative? How do you view conflict? Do you believe it to be healthy or unhealthy? Why or why not? Write your thoughts here:

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List a few conflicts that you have been involved in. Was it an external (ex) or internal (in) conflict? Was it a positive (pos) or negative (neg) conflict? Circle the appropriate choices.

1. \_\_\_\_\_ (circle) ex/in (circle) pos/neg
2. \_\_\_\_\_ (circle) ex/in (circle) pos/neg
3. \_\_\_\_\_ (circle) ex/in (circle) pos/neg

Were you a witness to all sides of any external conflicts? Were the conflicts physical, verbal, or writing-based?

### REACHING A RESOLUTION

How were each of these external or internal conflicts (identified above) resolved? List below any resolution strategies you used:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When should you avoid conflict?

When should you welcome conflict?

