



Living Life LOUD

Month 3 – Theme Call CONFLICT MARCH 2016

What is conflict?

(1) a serious _____ typically a protracted one.

(2) be incompatible or at _____

With those we are closest to, we expect:

-to _____

-to view conflicts as a sign that _____

-in some cases, to _____

But actually, we can reframe our perspective to see:

-conflict as a _____

-use conflict to _____

-use conflict as _____

Sources of conflict:

According to a report from Salem State, these are common sources of interpersonal conflict:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

I'd also like to add:

7. _____

Types of Conflict:

Skillsyouneed.com groups conflicts into three categories: Personal or relational conflicts, instrumental conflicts and conflicts of interest.

“Personal or relational conflicts

Instrumental conflicts

Conflicts of interest

(Find more at: <http://www.skillsyouneed.com/ips/conflict-resolution.html#ixzz41x1GgH7r>)

How do we respond to conflict?

Our response depends on a number of different factors, including:

- _____
- _____
- _____
- _____

There are no right or wrong ways. It's all about _____

Misconceptions about conflict:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

One thing I love about the Dance of Connection is that Harriet Lerner says “Our challenge as adults is to develop a strong voice that is uniquely our own, a voice that reflects our deepest values and convictions. Once we are comfortable within that voice, we can bring it to our most important relationships. We can choose to move to the center of a difficult conversation – or we can let it go. We can speak – or decide not to. Whatever we choose, we can head back... with clarity, wisdom, and intention. By doing so, we can strengthen the self and our connections, and have the best chance of achieving happiness during our time with each other.” (p. xiv)

Resolving conflict successfully depends on a number of things:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Questions to help you process:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

RESOURCES

[The Dance of Anger by Harriet Lerner](#)

TED Talk:



[Dare to Disagree with Margaret Heffernan](#)

[Restorative Practices to Resolve Conflict/Build Relationships: Katy Hutchison at TEDxWestVancouverED](#)