

Conflict Cards

Be Respectful

Treat the other person
the way you would like
to be treated

Use “I” Messages

Don't blame someone else;
own your feelings

Listen & Talk

Try to understand the other
person's perspective, what
they're thinking and feeling

Build Trust

Demonstrate your good
intentions by volunteering
information

Find the Problem

Ask questions to uncover
what might be hidden

Make a Joke

Sometimes humor
helps reduce tension

Brainstorm

Come up with many
options and then
choose the best one

Win/Win

How can you both get
what you want?

Share

Use or do something
at the same time

Take Turns

One person, then the other

Conflict Cards

Flip a Coin

Let fate decide and live with what happens

“Grandma’s Rule”

For example, if you cut the cake, the other person gets to choose their piece

Compromise

Each person gives a little

Make a Peace Offering

One person gives a gift that shows they want to resolve the conflict

“I’m Sorry”

Admit it if you’re wrong or say that you feel badly about what has happened

Cool Off

Sometimes you’re too angry and it’s better to take a break and come back later

Skip It

Some conflicts aren’t worth bothering about; just forget it

Get Help

Sometimes you need another person to help you come up with a solution

Agree to Disagree

Sometimes it’s just best to agree that you can’t agree, but still respect each other

Learn

What could you do differently next time?