

# Healthy Communication- Conflict Resolution

“In any conflict, be sure you know what you really want, and whether what you are doing is actually helping you get there.”

Choose one of these scenarios (or create your own) to use as an example in the activities below.

Scenario 1: Aliyah sees a post online about a local company doing something unbelievably awful. She is so upset that a company in her community would do this. She needs to say or do something.

Scenario 2: Morris and Grady have been friends for a long time, but Morris hears from a friend, who heard it from his sister's friend, that Grady was seen being a little too friendly with Morris' girlfriend.

Scenario 3: Isabella can't believe her friend posted that pic, in that dress, with the caption "So much better than Isabella."

MY SCENARIO:

WHAT RESULT OR OUTCOME DOES THE PERSON ACTING WANT? (e.g. APOLOGY, TRUTH, ACTION, CHANGE)

WHAT ANSWERS OR INFORMATION DOES THE PERSON ACTING NEED? (e.g. IS IT TRUE?, OTHER SIDES TO THE STORY?)

WHAT ARE SOME HEALTHY WAYS THEY COULD APPROACH THE SITUATION THAT WILL HELP THEM GET THE OUTCOME THEY WANT?