

How Does My Response to Conflict Affect the Outcome?

You will track your response to conflict and the resulting outcomes. Write down three conflicts you encounter over the next few days. For each conflict, include a detailed description, how you reacted or responded, and what happened—or the outcome.

Conflict or Disagreement (with whom, about what)	My Response (feelings and actions)	Outcome (the results for all involved)
<p>Example: My mom said I couldn't have the car on Friday, even though she promised I could last week.</p>	<p>Even though I was upset, I thought about what to say before blurting out something rude. Instead, I respectfully asked my mom why she changed her mind, so I could better understand the situation, including my mom's perspective. She said she had to take my brother to the dentist Friday afternoon and that I could have the car on Saturday instead but only if I would drop them off at a soccer game first. While I wasn't happy about the change of plans, I realized that it was necessary and that it wasn't about anything I'd said or done. It would be selfish to expect my mom and brother to take an Uber or cab to the dentist just because I wanted to use my mom's car for fun.</p>	<p>I told my mom that I understood why I couldn't use the car Friday and thanked her for letting me use it Saturday instead. So now she will be able to take my brother to the dentist Friday, and I will take them to the soccer game on Saturday and then use the car for myself. And I will get to use the car on a day when I have more free time anyway. My mom thanked me for being adaptable and having such a mature response, which made me happy.</p>

Guiding questions for group discussion.

1. Did anyone have conflicts with an adult? What was the cause of the conflict with an adult?
2. Did anyone have conflicts with a sibling or friend? What was the cause of the conflict with a sibling or friend?
3. In your examples, were there times when your feelings and actions became overwhelming and you responded in a way that you regret? If so, explain.
4. Did each conflict result in a productive outcome? If not, brainstorm what you might have done or said differently to achieve a better result.