

Find a Solution (Secondary)

Have you ever been in an argument with someone, and you couldn't stop arguing? Maybe you tried to explain your feelings but didn't feel like your friend even listened, or maybe you had no idea why your sibling was angry with you. When you want to end a conflict, you can use the strategy ***find a solution*** to negotiate what happens next.

Finding a solution means you work with the other person to decide how to resolve the problem. When you ***find a solution***, you take turns ***voicing your perspective***. Then both of you share ideas for ending the disagreement, and finally, you both choose and agree on what will happen next.

There are seven steps to ***finding a solution***, and you can remember them by thinking about the colors of the rainbow.

Steps to ***find a solution***:

- Step 1. Red: Partner A ***voices their perspective*** by explaining how they feel and what they think.
- Step 2. Orange: Partner B ***summarizes*** what Partner A has just said.
- Step 3. Yellow: Partner B ***voices their perspective*** by explaining how they feel and what they think.
- Step 4. Green: Partner A ***summarizes*** what Partner B has just said.
- Step 5. Blue: Partner A shares a few ideas for resolving the conflict.
- Step 6. Indigo: Partner B shares a few ideas for resolving the conflict.
- Step 7. Violet: Together, both partners decide what to do next and how to resolve the conflict.

I used the strategy ***find a solution*** when my friend Lucy and I had a disagreement over what song we were going to sing for the school talent show. I wanted to sing a song that was in my vocal range, but she wanted to sing a song that was popular and would be more engaging for the audience. Every time we discussed the two options, we ended up arguing even more, and we were running out of time to submit our song, so I used the strategy ***find a solution*** to help us come to an agreement about what to do.

I asked Lucy to explain how she felt and what she wanted. She said, "I feel excited to sing a popular song that everyone knows. I want us to perform a popular song because it will be more fun." I summarized what Lucy had said. Then it was my turn to explain why I wanted to sing a different song. I said, "I feel nervous to learn a song that is out of my vocal range, especially if I am going to sing it in front of the whole school. I want to sing a song that I am comfortable with because I will sing better." After Lucy summarized what I had said, she shared a couple of ideas for deciding on a song. She suggested we order an accompaniment track in my range. When it was my turn to share ideas, I suggested a completely different song, but I also mentioned I liked her idea of an accompaniment track, so we asked the music teacher if we could get the track in time. When we found out we could, we agreed to perform the song Lucy preferred but in my range using an accompaniment track. Using the strategy ***find a solution*** helped both of us listen to each other and consider different ideas for resolving the issue.

When you need to ***find a solution*** to a disagreement with someone, remember that each step in the process is represented by a color of the rainbow. When you complete each step for ***finding a solution***, you work to resolve disagreements on your own.