

Plan My Response (Secondary)

Has there ever been a time when you were in a disagreement with someone and you said or did something that made it worse? Have you ever wanted to explain your feelings but instead gave up and walked away? When we experience a disagreement, we choose how we respond to conflict. Choosing to act like a competing shark, an avoiding turtle, a collaborating owl, an accommodating teddy bear, or a compromising fox during a disagreement will affect what happens next.

The strategy ***plan my response*** will help you think about what you want to do and say. This will help you avoid responding in a way that makes the disagreement worse and will help you clearly communicate your perspective.

I used the strategy ***plan my response*** when my friend borrowed my track spikes without asking. We were getting ready for a meet and doing timed trials to determine which heat we would compete in during the track meet. I had been working hard to make the fastest heat and qualify for regionals. My friend had even helped by timing me. When I got to my locker, my spikes were missing, and I had to run my trials in regular sneakers, which didn't give me good traction. I knew my friend had borrowed the spikes, and I was furious.

After I ***paused and pondered***, I ***planned my response*** by thinking about which conflict response would be best. I knew that if I responded like a shark and started yelling at her, it would make the situation worse and I would regret my actions. I care about my friend and knew she hadn't borrowed my spikes to anger me. It was also important to me that I have my track gear ready to go when I needed it. I decided to try to act like an owl by calmly explaining my feelings and telling my friend I didn't want her to borrow my things without asking.

I told my friend that I was really disappointed that she had borrowed my spikes without asking and it had caused me to run slower in my time trials. Then she explained her perspective and told me that she didn't know it was the day of the timed trials and that she wouldn't have borrowed my spikes if she had known. We agreed the best approach was to always ask before we borrowed each other's things. By using the strategy ***plan my response***, I was able to think about what I wanted to say and do and communicate my feelings clearly and respectfully. My friend and I have a better understanding of each other, and we are still great friends.