

### ***Uncover Reasons for the Disagreement (Secondary)***

Has there ever been a time when a friend wouldn't speak to you and you weren't sure why? Has someone ever been angry with you, and you couldn't understand why they were upset?

Conflicts happen for many different reasons, like when you miscommunicate and say something you didn't mean or when you misunderstood someone else's actions. There are even times when other people misunderstand your intentions.

You can use the strategy ***uncover reasons for the disagreement*** to try and understand what's behind a disagreement. When you ***uncover reasons for the disagreement***, you start by thinking **exactly what happened and where there may have been a misunderstanding**. You can ask yourself, "What did I say or do that could have been confusing?" "Could I have misunderstood the other person?" or "Is there another way to look at this?"

I used the strategy ***uncover reasons for the disagreement*** when I couldn't understand why my mom was so upset about me going out with my friends even when I was home before curfew. I had gone to the movies with my friends, and when I came home, my mom said she was disappointed that I had disrespected her. I said, "I don't know what you are talking about," and she said we would talk about it in the morning. I went to my room to try and think about what I had said or done that would have upset my mom. I thought, "What did I do to upset her? Did I say something rude? Did I forget to do something?" Then I remembered she had asked me to pick her up from the car repair shop before I went to the movies. I scrolled through my texts and saw that I had missed two from her asking me where I was.

I had put my phone on silent before I went into the movies and had missed her texts. I felt bad. The next morning, I apologized and said I had put my phone on silent and didn't see her texts. She explained that she had to call an Uber and didn't like spending the extra money. We talked through the disagreement. I agreed to try and remember things better, and she agreed to not assume I was ignoring what she needed. By using the strategy ***uncover reasons for the disagreement***, I was able to understand how my mom felt, and it helped her to understand my perspective too. When you use the strategy ***uncover reasons for the disagreement***, it can help you think through your words and actions to determine why a conflict has happened. It can also help you understand the other person's words and actions.