

Conflict Resolution Worksheet

Thinking Through Difficult Conversations

With conflict resolved, I will feel: I will be able to: I will understand:		
What has happened?		
My Story	Their Story	"Third Story" (both believe)
What are yours and their intere	ests? (the "why" behind posi	tions)
Mine	Others (include	ding other involved parties)
What is my game plan?		
Options (possible ways to address so	me or all interests with agreement	from the other party/parties)
Alternatives (what I and the other pa		
Communication strategy (separating Commitment tools (means to encour		
Communicate tools (means to encoun	age ronow timough with agreement	c)

Phone: 803-437-3283 / Email: mark.patterson@csuci.edu
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