Conflict Resolution Worksheet

1. Schedule a specific place, date and time to meet within the next week. Allow 30 minutes.

   Meeting Place: _____ Date: _____ Time: _____

2. Select one issue you want to resolve. List the specific issue or problem for discussion below:

   Issue: _____

3. How do you each contribute to the problem? Without blaming each other, list the things you each do that have not helped to resolve the problem.

   My Contribution: _____

   _____

   Your Contribution: : _____

   _____

4. List past attempts to resolve the issue that was not successful.

   1) _____
   2) _____
   3) _____

5. Brainstorm—pool your new ideas and try to attain three possible solutions to the problem. Do not judge or criticize any of the suggestions at this point.

   1) _____
   2) _____
   3) _____

6. Discus and evaluate each of these possible solutions. Be as objective as you can. Talk about how useful each suggestion might be for resolving issues.

   1) _____
   2) _____
   3) _____

7. After expressing your thoughts, select one solution you both agree to try. **Trial Solution:**

   _____

8. Set a place, date and time within the next week to discuss your progress.

   Meeting Place: _____ Date: _____ Time: _____

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