

CONFLICT RESOLUTION MAP

My Side

How do I describe the problem?

What do I acknowledge about their perspective on the problem?

What is the most honest explanation I can give for thinking/behaving this way?

THE PROBLEM:

**COMPROMISE,
COLLABORATE, OR
MOVE ON?**

Their Side

What is their explanation of the problem?

What do they acknowledge about your perspective on the problem?

What is the most generous interpretation of their behavior/idea?