



5-Step Conflict Resolution Worksheet

Step 1 What is the definition of the issue where we disagree?

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Step 2 Summary of my point of view

Summary of your point of view

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Step 3 My reaction to your point
(How I feel about what you said)

Your reaction to my point
(How you feel about what I said)

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Step 4 Your summary of my perspective

My summary of your perspective

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Step 5 Resolution & Action Plan: What can we agree to do differently in the future?

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