



Are You Making It Worse?

Sometimes when we are caught up in a conflict, we don't see that our own behaviors are just making the conflict worse. It can be far too easy to:

- Ignore facts because they contradict our fixed ideas or prejudices
- Make decisions without thinking through all of the potential consequences
- Blame everything on the other person without analyzing how what we think, say, and do is contributing to the conflict.

Have you even realized that one or more of these behaviors in yourself was keeping you from resolving a conflict? What happened?

The conflict was:

My problematic behavior was:

I **did/did not** recognize this behavior.

The outcome of the conflict was:

It might have been different if: