

CONFLICT RESOLUTION

The Biggest Problem in My Life

- TIME NEEDED** One or two sessions
- GROUP SIZE** AAP group divided into pairs
- MATERIALS NEEDED** The Biggest Problem in My Life Activity Sheet (pages 213 and 214); Adviser's Example of a Relationship Problem (see Adviser's Cues).
- PURPOSE** To help students identify and find solutions to one problem which repeatedly occurs with a relationship in their lives. Also, to show students how such a problem can repeat indefinitely, causing the same behavior over and over again if not addressed.

ACTIVITY

Open with the Adviser's Cues below. Have each student complete the questionnaire. Divide the class into pairs.

ADVISER'S CUES

"We all struggle with relationships in our lives as we learn to get along with one another. Occasionally though, one big problem will occur repeatedly in a relationship with one specific person, like a parent, boyfriend/girlfriend, or sibling. Often the problem will occur under the same conditions."

Adviser's Example of a Relationship Problem:

"I recently had a problem with ..."

CONFLICT RESOLUTION

The Biggest Problem in My Life

(Activity Sheet)

Describe the specific problem.

How does this person or persons relate to your life? (i.e., sister or friends at school)

What role does the person or persons play in the incident?

What role do you play in the incident?

Where does it often occur?

How does it start?

How do you typically react verbally?

How does the other party react verbally?

CONFLICT RESOLUTION

How do you physically react? (i.e., facial expressions, body language, violence)

How does the other person physically react? (i.e., facial expressions, body language, violence)

Describe how the scene ends, noting how you and the others are feeling?

Does anyone win or lose? Who?

How would you like the scene to end?

List three things that you could do differently to make the scene end in a more positive way.

1. _____
2. _____
3. _____

HANDOUT 15

When it comes to conflict, you always have choices. You can ...

- Take charge, force, demand, protect yourself or others
- Accommodate, give in, let it go, smooth it over
- Avoid it, ignore it, drop it, or exit
- Postpone, pause and reflect; return to the problem later
- Seek out a trusted adult, a level-headed friend, or a mediator
- Problem solve:
 - CHECK IT OUT, notice, observe, and ask questions before you decide what to do
 - LISTEN AND DEFUSE when someone's upset
 - ASSERT your feelings, needs, and "No's"
 - NEGOTIATE ("Let's talk it out and reach a solution that works for both of us.")

GOAL SETTING

Name _____

Change Challenge: It's Up to Me

Directions: Fill in your name and your goal. Then complete the plan to show how you will reach your goal.

My Goal

I _____
(name)

plan to _____
(goal)

My Action Plan

Steps. I will reach this goal by doing the following things:

When. I will reach this goal by _____
(date)

Helpers. These people and things can help me reach my goal:
