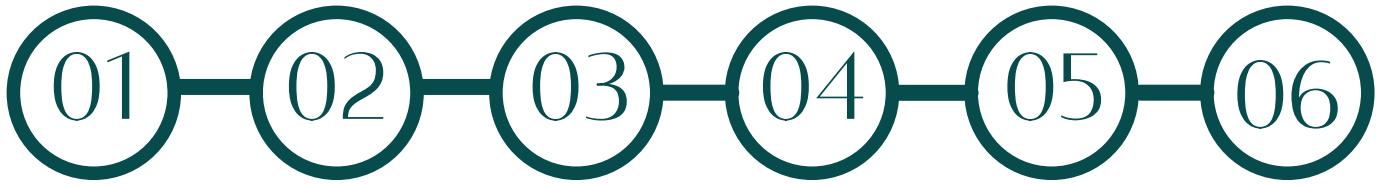


Conflict Resolution **PLAN**



01

Stay calm.

02

Initiate a short break if you are unable to remain calm.

03

Follow pre-established break rules:

- Identify how long the break will last (ideally between 20 - 60 minutes)
- Identify if separate rooms are needed during the break
- Identify designated reconvening spot in the house

04

Reconvene + Check in

- Verify readiness to resume the conversation
- If one or both of you are not ready to resume, initiate another 20-min break

05

Take turns sharing, leading with 3-Part-I-Statements:

- *"I feel (emotion) when I see/hear (action/words), and it makes me think (thought)."*

06

Reflective Listening + Validation

- Reflect what the speaker said, using their own words as much as possible, then check for accuracy before validating their feelings