

Conflict Resolution Take Action

Something I learned today that made a difference: _____

I commit to try the following strategy: _____

Some other strategies I can try:

- I will practice inviting others to share their perspective first in disagreements while actively listening.
- I will actively avoid at least three counterproductive or ineffective conflict resolution techniques.

Record the outcomes or experience of my actions: _____

Signed _____ Date _____



“Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love.” – Martin Luther King, Jr.