

Name \_\_\_\_\_

## Navigating Stormy Seas: The Art of Conflict Resolution

### Open-Ended Response Questions

1. Share a personal experience where you faced a conflict and successfully applied conflict resolution skills. Describe the conflict, the steps you took to resolve it, and the impact it had on your relationship with the other person.
2. Imagine you are in a group project, and a conflict arises between two team members. Explain how you would use good conflict resolution skills to help mediate the situation and find a solution that benefits the group.
3. Discuss the role of patience in conflict resolution and provide an example from your own life where patience played a crucial role in resolving a conflict.
4. In your opinion, which component of conflict resolution (communication, empathy, problem-solving, calmness, respect, patience) do you find most challenging to develop, and why? How do you plan to work on improving this aspect of your conflict resolution skills?

