



3 Choices for

MINDFUL

CONFLICT RESOLUTION

“I feel

Sit with your friend and be honest about how you feel.



Speak the truth about how you feel using “I feel” statements - not “you” statements.



Make a promise together.

“It’s mutual

Agree to disagree and then find something you have in common.



Respectfully disagree and then share 3 things you agree on about the situation.

“Just me

Take time by yourself to write how you feel.



example...
I feel _____
because _____
so I will _____.

