



Healthy CONFLICT RESOLUTION

For When Home Is A Battle Zone During COVID-19 Pandemic

During this pandemic, there is an opportunity to do something differently. Everyone is 'stuck' together at home and this tends to put a spotlight on what is, and isn't working within family dynamics and relationships (common conflicts can include family, peer, task, boundary etc.). So, the time is now to create healthier connections.

HERE ARE SOME HELPFUL STRATEGIES

USE "I" STATEMENTS

It's natural to begin discussions with "YOU." "YOU did that..." "YOU always...", "YOU are so..." This is unproductive. Start working On your "I" statements.

I FEEL

.....

Describe your feeling

WHEN YOU

.....

Explain the situation

BECAUSE I THINK

.....

Thought that caused the feeling

I WOULD LIKE

.....

Request for positive action



Avoid the BLAME GAME

As soon as we finger-point, there's no room for growth. In conflict, we can start to tunnel vision and massively prioritize our own perspective over the other person's experience and position.



Don't ASSUME that the other person is experiencing things the same way you are!

Focus on getting an understanding of what is going on for them. Try using open-ended questions like "how are you coping with everything at the moment?" to help the process.



Take RESPONSIBILITY for your own part in any conflict

Try statements like "I know I'm finding it really stressful being cooped up, I'm sorry I got upset and walked out."



LISTEN to the other side

- Be open to the other person's concerns
- Don't interrupt
- Ask questions for clarification



FORGIVE

Forgive people for how they may have contributed to the conflict. Acknowledge efforts being made to resolve it. If no progress, intentionally park the conflict, agree to differences of the perspective and move forward.

Conflict can be good and can be bad. For those in violent homes where a person is out to "win," rather than resolve their differences through talking and compromise, conflict can move from a disagreement to abuse or violence. If this is the case in your home please do not stay silent, contact authorities or relevant organizations. **You are not alone.**

PLEASE SPEAK UP, BREAK THE CYCLE!

CONTACT local authorities for help and advice