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.

<table>
<thead>
<tr>
<th>I FEEL</th>
<th>WHEN YOU</th>
<th>BECAUSE I THINK</th>
<th>I WOULD LIKE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Describe your feeling</td>
<td>Explain the situation</td>
<td>Thought that caused the feeling</td>
<td>Request for positive action</td>
</tr>
</tbody>
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**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.

**LISTEN to the other side**

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

**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.”

**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