**Conflict Resolution Action Plan**

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| Conflict  Is this a conflict?  Briefly describe the conflict.  What was the conflict about? Who was involved? | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |
| Brain Responses  Was there evidence of an amygdala hijack or conflict reflexes (power plays or walk-aways)?  If so, what were they? | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |
| Conflict Cycle  What was the trigger?  What was the thought?  What was the feeling?  What was the behavior? | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |
| Resolution  How would you resolve the conflict?  What resolution gesture(s) would you choose? | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |