**Conflict Resolution Action Plan**

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| ConflictIs this a conflict?Briefly describe the conflict.What was the conflict about? Who was involved? |

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| Brain ResponsesWas there evidence of an amygdala hijack or conflict reflexes (power plays or walk-aways)?If so, what were they? |

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| Conflict CycleWhat was the trigger?What was the thought?What was the feeling?What was the behavior? |

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| ResolutionHow would you resolve the conflict? What resolution gesture(s) would you choose? |

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