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**Making Yourself Whole After Conflict**

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**Here are some measures we suggest you consider making yourself whole following a conflict situation:**

* **Ownership**: Following a conflict your emotions may still be a bit unsettled. You may even feel your efforts are not appreciated or valued. Take ownership of your role in a conflict situation. Acknowledge, reflect, and apologize if necessary.
* **Patience:** In the heat of a conflict moment, it’s hard not to react negatively. Stop to take a few deep breaths. Give yourself and others permission to take a break and revisit the discussion when tensions are not as high.
* **Acceptance**: Try to remember that the other person in conflict with you or another is coming into the situation with a totally different background and set of experiences. Try to put yourself in the other person’s shoes. Allow them to explain their perspective and accept it for what it is.
* **Expectations:** Manage your expectations. Don’t assume that you come into the situation with the same expectations as another. Ask others to clarify their expectation in any scenario.
* **Listen:** Listen to the music playing in your head when you see a conflict emerging, during the confrontation stage. This is going to have a tremendous impact on how you handle a conflict situation and the outcome.
* **Seek help when you need it:** Get help when you need it: The Flint Ready Set Succeed team is here to assist.