

Conflict Resolution Tips and Techniques

Conflict resolution or negotiation is a way for people or groups who disagree to come to a solution that leaves everyone reasonably satisfied. Firearm owners have a special responsibility to find peaceful ways to resolve conflicts, as you have access to a weapon that can make any conflict deadly in seconds. **The Conflict Resolution Model** is one method you can use to act assertively without the use of threats or violence.



THE CONFLICT RESOLUTION MODEL

1

Identifying the Problem. This step involves identifying the specific problem causing the conflict.

2

Identifying the Feelings. In this step, you identify the feelings associated with the conflict (for example, frustration, hurt, or annoyance).

3

Identifying the Specific Impact. This step involves identifying the specific impact or outcome of the problem causing the conflict, and how it effects the conflicting parties.

4

Deciding Whether to Resolve the Conflict. This step involves deciding whether to resolve the conflict or let it go. In other words, is the conflict important enough to bring up?

5

Addressing and Resolving the Conflict. In this step, you set up a time to address the conflict, describe how you perceive it, express your feelings about it, and discuss how it can be resolved.

GROUND RULES FOR CONFLICT RESOLUTION



Use "I" Statements instead of "you" statements. This helps focus on how you feel, instead of assigning blame.



Know when to take a break when emotions are running high.



Listen actively and nonjudgmentally



Bring someone else who is neutral to act as a mediator if needed.

Managing Unhealthy Anger

Storing your firearms safely and securely can save lives. By storing your firearms, you can prevent your weapons from being stolen. You can also prevent your weapons from being accessed by loved ones at risk of suicide or violence against others.

EXPRESSIONS OF ANGER



OUTWARD

Obvious and noticeable behavior. Shouting, cursing, throwing/breaking things, verbally or physically abusive towards others



INWARD

Directed at self. Negative self-talk, denying yourself things, self-harm, isolation, feelings of shame and guilt



PASSIVE

Subtle and indirect. Giving the silent treatment or cold shoulder, sulking, being sarcastic, snide remarks, spreading rumors

SIGNS OF ANGER



Physical Signs

- Heart pounding or racing
- Flushed/feeling hot
- Tightened/clenched muscles
- Fast/shallow breathing
- Difficulty sleeping/fatigue
- Sweating
- Crying
- Shaking/trembling
- Blood pressure increase

Mental/Emotional Signs

- Nervousness
- Guilty
- Easily irritated
- Overwhelmed
- Negative self-talk
- Stress

TIPS FOR MANAGING ANGER



- Separate yourself from the situation to cool down.
- Find a healthy physical, mental, or cognitive release.
- Take time to understand your feelings. Understanding your feelings leads to better communication!
- Talk to someone you trust about your feelings. Try to focus more on how you feel than what others "did wrong."
- Use Conflict Resolution techniques.
- Call or text 988, or consult a mental health professional.

Suicide Prevention for Firearm Owners

As a firearm owner, being responsible with your firearm and knowing more about suicide prevention can save lives. One unsecured firearm can put everyone in a household at risk of injury or death, not just the firearm owner. The decision to attempt suicide can happen in a matter of minutes. Being able to recognize a crisis, along with having your firearm properly stored and secured, could be the difference between life and death for yourself or a loved one.

DID YOU KNOW?

45%

of suicides in Maryland involved firearms between 2003 - 2020

(Maryland Violent Death Reporting System, 2023)



The majority of firearm deaths in the US are suicides. There are more firearm suicide deaths than firearm homicides.

(Pew Research Center, 2023)



Unsecured handguns are used in the majority of firearm suicides.

(Death Studies, 2022; Rutgers, 2022)

Suicide is preventable. You can save a life.

1

Be SMART
Safety Store Your Firearms



S

Secure all firearms in your home and vehicles

M

Model responsible behavior around guns

A

Ask about unsecured guns in other homes

R

Recognize the role of guns in suicide

T

Tell your peers to Be SMART

2

VOLUNTARY FIREARM STORAGE



If someone is feeling suicidal, has recently attempted suicide, or is experiencing a crisis, remove firearms until the situation improves. Consider storing firearms at a temporary, voluntary external safe storage option.

For more information, visit mdpgv.org/safestoragemap

3

MENTAL HEALTH OR SUBSTANCE USE CRISIS?



CALL OR TEXT 988

988 SUICIDE & CRISIS
LIFELINE

CONFIDENTIAL AND AVAILABLE 24/7

Warning Signs for Suicide

Warning signs are observable indicators that a person may be thinking about suicide & may urgently need help.

SIGNS TO LOOKOUT FOR



Talking About

- Wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Feeling hopeless or having no reason to live
- Feeling trapped or in unbearable pain
- Being a burden to others

Behavior Change

- Increasing the use of alcohol or drugs
- Losing interest in activities
- Acting anxious or agitated; behaving recklessly and irrationally
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Sharp drop in performance
- Giving away possessions

ASK DIRECTLY



If you think someone may be thinking of suicide. Asking the question "are you thinking of suicide?" can open the door to a conversation that may save a life.

How to Help: ABCDE



- A** Ask Directly
- B** Be an Active Listener
- C** Continue to Keep Them Safe
- D** Discuss Options and Connect to Help
- E** Encourage, Support, and Follow Up

GET HELP NOW



If someone is...

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

MENTAL HEALTH OR SUBSTANCE USE CRISIS?



CALL OR TEXT 988



CONFIDENTIAL AND AVAILABLE 24/7

Safe and Secure Storage for Firearm Owners

Storing your firearms safely and securely can save lives. By storing your firearms, you can prevent your weapons from being stolen. You can also prevent your weapons from being accessed by loved ones at risk of suicide or violence against others.

Be **SMART** | Safety Store Your Firearms



- Store and lock firearms **unloaded**
- Store and lock ammunition **separately from firearms**
- Make sure **keys/combinations are not accessible** to people in household in crisis (at risk for violence against self or others)
- If someone is in crisis in the household, **temporarily remove firearms** from your home
- **Avoid storing firearms unattended in vehicles** to prevent theft

LOCKING DEVICES



1

Cable Lock (Free-\$50)

Device that blocks chamber to prevent firing. Typically requires key or combination to unlock, usable on most firearms. Good to prevent children from access, but can usually be cut with bolt cutters/simple devices.

2

Trigger Lock (\$5-\$50)

Two-piece lock, fits over trigger guard. Blocks trigger but does not prevent loading. Typically requires key or combination to unlock. Should not be used on loaded firearm (can still be fired). Not usable on lever-action firearms.

LOCKING BOXES



1

Lock Box (\$25-\$350)

Small safe to store handguns/small firearms. Typically requires key, combination, or fingerprint to unlock. Lock boxes can be permanently mounted to prevent theft.

2

Safe (\$100-\$2,500)

Stores variety of firearms/other valuables. Typically requires key, combination, or biometrics to unlock. Most secure option for multiple firearms, and for theft prevention.