

## **Journal Prompts: Conflict**

### **Understanding the Conflict:**

1. What specific situation or person triggered this conflict? How did it unfold?
2. What emotions do I feel when I think about the conflict? Are there any underlying feelings I haven't acknowledged?
3. How did my behavior contribute to the conflict? What part of my response could I have controlled or changed?
4. What do I want to resolve or achieve through this conflict? What would a successful resolution look like to me?
5. How does this conflict relate to past experiences or unresolved issues in my life?

### **Exploring Perspectives:**

6. What do I believe the other person is feeling or thinking during this conflict? How can I approach them with empathy?
7. How might the other person view the situation differently than I do? Can I understand their perspective more clearly?
8. What are the possible reasons for the other person's behavior in this conflict? Are there any external factors influencing their reactions?
9. How can I express my feelings in a way that encourages the other person to listen and understand my perspective?
10. What assumptions or judgments have I made about the other person, and how can I challenge those assumptions?

### **Communication Skills:**

11. What is the best way to communicate my needs or concerns without creating more tension?
12. How can I stay calm and centered during the conflict, even when I feel defensive or upset?
13. What words or phrases do I use that escalate conflict? How can I reframe my language to be more constructive?
14. How can I actively listen to the other person without interrupting or getting defensive?
15. What kind of body language do I exhibit during a conflict, and how can I ensure that my non-verbal cues support a peaceful resolution?

### **Building a Resolution:**

16. What can I do to take responsibility for my part in the conflict and offer a sincere apology?
17. How can I approach the other person in a way that invites cooperation and problem-solving rather than blame or confrontation?
18. What small steps can I take to de-escalate the situation before it gets out of control?
19. How can I make amends if the conflict has caused harm to the relationship or the other person?

20. What compromises or solutions am I willing to explore in order to resolve the conflict peacefully?

**Learning and Growth:**

21. What lessons can I learn from this conflict that will help me handle similar situations in the future?
22. How can I change my mindset to view conflict as an opportunity for growth rather than something to avoid?
23. What positive outcomes have I experienced from resolving conflicts in the past? How can I use those experiences to guide me now?
24. How can I foster better communication and understanding with the person involved in the conflict moving forward?
25. How do I feel about the resolution of this conflict, and what can I do to ensure the relationship is strengthened by the experience?