

Conflict Without The Drama

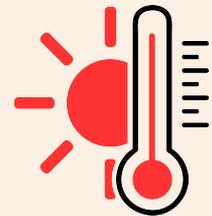


Conflict isn't a failure, it's two nervous systems trying to protect something important.

When we understand what's happening underneath the tension, conflict becomes less about winning and more about staying human.

So What is Conflict?

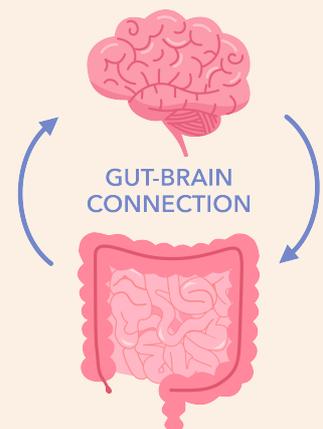
Conflict isn't about the issue, it's about activation.



When we see conflict as biology rather than "bad behaviour," everything becomes more workable and far less personal.



Two people, two nervous systems, both trying to feel safe



Three Types of Conflict

Most tension falls into one of three areas...



Most conflict starts as Task or Process... and only becomes Relationship conflict when it's avoided or unnamed.

Why Your Brain Hits The Panic Button Before You Do

When tension hits, your nervous system reacts before your logic does. Cortisol spikes, and your amygdala wakes up.

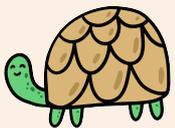
Your thinking brain goes offline.

You're not overreacting, you're protecting yourself.

The 4 Conflict Styles



Firework = Reacts Fast



Turtle = Withdraws



Fixer = Restores Harmony



Detective = Seeks Clarity

None are wrong, they're simply different ways your system tries to stay safe.

The Conflict Compass



A simple tool to shift from reaction to intention...

Nneeds

What do I need right now?



What's Next
What's the next
small step?

Emotions
What am I actually
feeling?

Story

What story am I telling myself?

This compass brings you back into clarity and
choice.

Mini Reboot Practice

When tension hits and your brain starts doing cartwheels, these mini resets help you slow the moment down and find your footing again

The 3 sentence Reset - A tiny script with a huge payoff...

1. "When X happened, I felt Y."
2. "What I need right now is..."
3. "Can we figure out the next step together?"

10 Second Nervous System Check

Before responding ask:

"Is my system activated right now?" If yes, pause. A regulated nervous system communicates better than a reactive one.

Name The Type of Conflict

Ask yourself:

"Is this Task, Process, or Relationship?"

Naming it instantly reduces emotional load and brings clarity.

The One Line Reset

Say (even silently):

"What I actually need right now is..."

Needs bring you back into intention instead of reaction.

Conflict becomes far less dramatic when you understand your patterns, your needs, and your nervous system, and every tiny reset helps you stay grounded, human, and connected.