

## RESOLVING CONFLICT ACTIVITY SHEET

Sometimes we say things in the heat of the moment that we don't mean. This can cause a small argument to turn into something much bigger. Knowing how to resolve conflict is an important part of building and keeping great friendships.

**Can you suggest alternatives to the phrases below that could help to resolve an argument?**

*Tip – see the example. Instead of blaming or making accusations to the other person, try explaining the effect their actions can have on you.*

Phrases that can cause conflict	Phrases to help resolve conflict
You never listen to me!	Sometimes I feel that you don't take my feelings into consideration.
I can't believe you did that!	
If you don't do what I say then I won't be your friend anymore.	
You're selfish!	
I will never trust you again.	
I don't care what you have to say.	

**Extension:** in pairs, imagine a scenario where two friends have fallen out. Put yourself in their shoes, and use the phrases you have written to try to resolve the issue and rebuild trust and friendship.