

# Conflict Resolution Exercise: Help Me Out!

## Purpose

The aim of this exercise is to draw attention to the number of conflicts and similar stressful situations experienced by participants in one week and use others in the group to come up with reasonable solutions for each conflict.

## Objective

Participants recall 3 conflicts they have experienced in the past 3 days and receive some solutions from others.

## What You Need

- A copy of “Conflict Sheet” for every participant (included below)

## Setup

- Distribute “Conflict Sheet” to each participant.
- Ask participants to sit in a circle.
- Ask the participants to use the table and record 3 conflicts that they were involved in, in the last 3 days.
- Ask participants to record the **‘toxic words’** that triggered the conflicts and made them feel that they had to protest and defend themselves.
- Allocate 10 minutes for this part.
- Ask a volunteer participant to read the first conflict cases they have identified.
- The person on the left should then proceed to provide a solution to resolve the conflict.
- Ask this person to present his own conflict and again the next people on the left should provide the solutions.
- Continues with this cycle until all cases have been presented.

## Timing

- Explaining the Test: 5 minutes
- Activity: 10 minutes
- Group Feedback: 15 minutes

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## **Discussion**

How did recalling a conflict make you feel? Could you have handled that particular situation differently? What was the trigger word that made you feel you are in a conflicting situation? How helpful were other's suggestions? Could you use the new suggestions to resolve your conflict or prevent them from happening in the first place?

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## Conflict Sheet

Please fill in the table with 3 conflicts that you were involved in, in the last three days.

<b>Subject of the Conflict</b>	<b>People Involved</b>	<b>What happened?</b>	<b>Trigger Word</b>
Example: Washing dishes	My partner and I	My partner accused me of being untidy by saying: "You always leave a pile of dirty dishes in the sink for days"	Always
1:			
2:			
3:			

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