

REFLECTION

# JOURNAL PROMPTS

## OBJECTIVE

Gain a deeper understanding of your personal conflict resolution style and the components of negotiation and mediation



### THE MIRROR OF CONFLICT

Think of a recent conflict you experienced. How did it start, and what role did you play in it? Reflect on what you could have done differently using conflict resolution skills.

**Hint:** Consider a disagreement with a friend or family member. Focus on your reactions and feelings during the conflict.



### THE INNER CONFLICT

Reflect on a personal inner conflict you have experienced (e.g., a decision between two options). How did you resolve it, and what conflict resolution skills could you have applied?

**Hint:** Think about a time you were torn between two choices, like choosing an elective or how to spend your free time.



### UNDERSTANDING MY CONFLICT STYLE

Which conflict resolution style do you tend to use most often (avoiding, competing, accommodating, compromising, collaborating)? How has this style affected your relationships?

**Hint:** Reflect on your recent disagreements or arguments. Analyze your typical approach and its outcomes.



### THE DIPLOMAT IN TRAINING

Imagine you are a mediator helping two friends resolve a conflict. What steps would you take to guide them towards a resolution?

**Hint:** Picture a common conflict among teenagers, like a disagreement over a group outing. Consider the conflict resolution skills you've learned.



### THE ART OF COMPROMISE

Write about a time when you had to compromise. Did it feel like a loss or a victory? How could you use compromising more effectively in future conflicts?

**Hint:** Consider a scenario like sharing something with a sibling or choosing an activity with friends. How did compromise play a role?