Work It Out Checklist

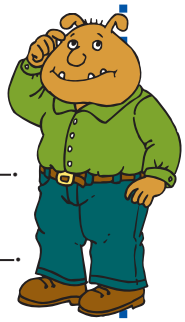


Create Rules

Make a set of rules to help both sides talk about the conflict.

- When we talk…
- When we listen…

Think About It



Complete the sentences:

1. Just before the fight, _____.

2. We argued about _____.

3. Then I felt _____

because _____.



Take Responsibility

Ask yourself:

- What part did I play in the conflict?
- What did I do or say that was hurtful or taken the wrong way?

Find Solutions

- Together, make a list of solutions.
- Choose one that you both like.



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