

REFRAMING THE PROBLEM:

1. How have you tried to deal with this conflict?
2. What other stress is going on in your life that may be affecting your reaction to this situation?
3. What experiences or situations from the past remind you of the situation?
4. What will happen if the situation doesn't get resolved?
5. Are you willing at this point to make these statements?
 - I can make this conflict situation better. Yes No
 - I want to make it better. Yes No
 - I am willing to try something new. Yes No

SUMMARY:

- If you answered NO to the statements in question 5, you might want to take some more time to think about the situation.
- If you answered YES to the statements in question 5, you might want to explore some possible solutions.

POSSIBLE SOLUTIONS:

What would it look like if it were better?

Are there others who might help you to make things better? Who are they? What could they do? How would you get them to help?

List some things you could do to make it better:

- a.
- b.
- c.

Of the things you could try, what are the ones you are most willing to do?