

Name: \_\_\_\_\_

# Conflict Resolution Talk About It

It's not always easy to talk about your feelings or on the other hand, it's not always easy to provide emotional support to individuals in need. However, both are important to resolving conflict.

- You had a rough day at school and when you get home, your mom and your sister are angry with you.
- You feel like you've had the day where nothing seems to go right. You just want to talk it out. In the space provided, write about your difficult day and about how you are feeling:

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- You are now the friend that is going to give feedback to the person who had a rough day. What will you say? What questions will you ask?

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