Conflict Resolution Planner

Anger 101 | Understand. Regulate. Respond. | Free printable worksheet

Work through a disagreement step by step, ideally when everyone is calm.

1. The conflict in one sentence:

2. My needs and concerns:

3. Their likely needs and concerns:

4. What we agree on:

5. Possible solutions (list several):

6. The solution we will try and when:

7. How we will check in afterward: