

Analysing a past conflict situation

Think about a past conflict situation that you have experienced and answer the questions below.

1. Briefly describe what happened? What was the context / situation?

- What did the other people in the situation say and do?

- What did you say and do?

2. Which hot buttons were triggered for you?

- Which value or need of yours felt threatened in this situation? (Or what were you afraid would happen?)

- What are other times these hot buttons have been triggered?

3. How did you feel in this situation?

4. What physical responses did you notice? Which part of your body was most affected?

5. What are other times you felt the same emotions and physical reactions?

- What similarities / patterns do you notice between these situations?

6. How would you have used the calming techniques in this situation?

7. What did you do as a result of feeling this way? What was the impact?

8. What was another choice you could have made?