**BASIC MEDIATION TRAINING/APPROACHES TO CONFLICT:**

**Reflections from Class 1 (Nov. 10)**

***Reflecting on our Class 1 content, please submit a “substantive” page (or equivalent in another format) to*** [***dlynangale@crg-collab.org***](mailto:dlynangale@crg-collab.org) ***by Nov. 16****, exploring your own experiences and what they teach you about how your personal approach(es) to conflict. The questions below may inspire or guide your reflections, use them in any way that fits for you.*

*Responses will be kept confidential and not used in class or in other forms – we’re just inviting you to do individually some of the exercises we would have led during a group session if we were not using an online format. If you have concerns about sharing your reflections by email, please be in touch, we can work on alternate ways of showing your work with these concepts.*

**Possible questions:**

1. Thinking back to your experiences as a child of 8-10 years old, what were the messages that you received about what conflict was or looked like, and how to deal with it?
2. What different messages about conflict or how to deal with it have you received since you were a child?
3. What do you think is your actual default approach in terms of dealing with conflict, your first reaction? What circumstances are most likely to invite that default response?
4. What does it take for you personally to shift away from your default response, what works?
5. What gets in the way of your responding in the way you’d like to when in a conflict? How have you overcome that kind of obstacle in the past?