

Conflict Resolution Worksheet



Instructions



This worksheet is a companion to the Conflict Resolution Activity in Moodle. It is suggested that you keep the activity instructions open in your computer as you fill in each of the three sections of this worksheet.

Scenario Analysis #1:

Think of a storyline that you imagine is transpiring in the displayed photo.

What assumptions come to mind based on what you see?

Are they sitting in silence? How do you think they individually interpret silence?
How do you interpret silence?

Do you think this is a conflictual moment?

What nonverbal language is being communicated?

How would you approach the situation if you were in the place of the character with their back facing us as the viewer?

What question (or statement) could open the line of communication?

What are the mindset(s) and skills that could be demonstrated to navigate this situation?

Scenario Analysis #2:

What do you imagine is transpiring in the displayed video? Try to answer the following prompts:

What is a storyline that you deduce from watching this scene?

What assumptions or narratives come to mind based on what you see?

What feelings emerge for you?

What do you interpret from the body language of the female character with long black hair and the male character?

What modes of behaviour from the TKI Conflict Model” are each of the characters exhibiting?

How would you approach the situation, if you were in the place of the female character with long black hair?

What question (or statement) could the female character with long black hair ask the male character standing beside her?

What are the mindset(s) and skills that could be demonstrated to navigate the conflict?