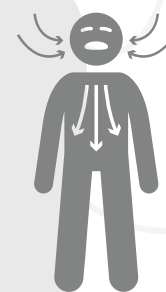


Resolving your conflicts in four steps:



Step 1 Calm down

Get comfortable in a quiet location.
Breathe, move, draw,
write or listen to a meditation.



Step 2 Listen and express yourself



Listen to the other person.
Give them time to talk.
In turn, speak about "I".
Say clearly how you feel.
Explain to the other what you need.

Step 3 Find solutions with the other person

Speak your ideas for a solution.
Listen to the other person's
suggestions.



Step 4 Choose a solution together and apply it

Together, determine the advantages
and disadvantages of each solution.
Choose the one that appeals to
everyone, or compromise.



If necessary, repeat the 4 steps or ask an adult for help

(Fakih, 2019; Motoi, 1995; Motoi & Villeneuve, 2006; Thauvette, 2020)



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