Conflict Resolution Worksheet

Date: _____ dd / mm / yyyy Participant/s: _____

Issue (Write a brief description of the conflict or issue you want to resolve.)

My Perspective (Write your thoughts, feelings, and opinions about the issue.)

Other Person's Perspective (Write what you think the other person's thoughts, feelings, and opinions are about the issue.)

Possible Solutions (Brainstorm several possible solutions to the conflict or issue.)

Best Solution (Choose the best solution that you think would be most effective in resolving the conflict or issue.)