

Conflict Resolution for Teens Worksheet

Conflict Resolution Strategies



Name: _____

This worksheet is designed to help you explore various conflict resolution techniques and develop skills to handle challenging situations with confidence.

Question 1: Describe a time when you successfully resolved a conflict with a friend or family member. What strategies did you use?

Answer: _____

Question 2: How can empathy help in resolving conflicts? Provide an example.

Answer: _____

Question 3: List three nonverbal communication cues that can show you're actively listening during a conflict.

Answer: _____

Question 4: What are the potential consequences of avoiding conflicts instead of addressing them directly?

Answer: _____

Question 5: Give an example of a win-win solution to a conflict you've experienced or witnessed.

Answer: _____

Checkboxes:

- I can recognize when it's necessary to take a step back during a conflict.
- I actively seek to understand the perspectives of others during disagreements.
- I demonstrate attentive body language to show that I'm engaged in listening.
- I engage in creative brainstorming to explore multiple solutions to conflicts.
- I take responsibility and offer sincere apologies when my actions contribute to a conflict.

Fill-in-the-Blanks:

1. During a conflict, it's important to _____ to avoid escalating tensions.
2. When I feel upset, I can express my feelings using "I" statements rather than _____.
3. Instead of assuming, I can ask questions to _____.
4. To find a compromise, both parties need to _____.
5. Conflict resolution involves finding a _____ that respects everyone's needs.

Reflection:

Reflect on a recent conflict you encountered. Write down one thing you could have done differently to resolve it more effectively.

Reflection Answer: _____

Note: Remember, conflict resolution skills take practice! Keep working on them to improve your relationships and communication.