

Conflict Resolution for Teens Worksheet

Exploring Conflict



Name: _____

1. Think about a time when you or someone you know had a problem with a friend or family member. What happened?

Answer: _____

2. When you have a problem with someone, how do you usually feel? Does it make you angry, sad, or something else? How does this feeling make you act?

Answer: _____

3. Have you ever seen a small argument turn into a big fight? What do you think caused it to get worse?

Answer: _____

4. Can you think of a time when people worked together to solve a problem without fighting? What did they do to fix things?

Answer: _____

5. When you argue with someone, how do you talk to them? Do you shout, stay quiet, or try to listen? Do you think your way of talking helps solve the problem?

Answer: _____
