

Conflict Resolution for Teens Worksheet

Understanding Emotions



Name: _____

Conflict is a normal part of life, and understanding your emotions is crucial for resolving it effectively. This worksheet is designed to help you understand your emotions in conflicting situations. Take your time to complete each sentence and be honest with yourself.

1. When I get into a conflict, I usually feel _____ because _____.
2. I get really upset when _____ happens during a fight because _____.
3. When I'm in a conflict, I usually react by _____, and that makes things _____.
4. It's hard for me to tell people I'm feeling _____ when I'm arguing because _____.
5. During a conflict, I just want _____ so that _____.
6. If I think about how the other person feels, I guess they might be _____ because _____.

7. If I could improve one aspect of understanding emotions in conflicts, it would be _____.
8. Once, when we sorted out a problem nicely, it was because _____.
9. Next time I'm mad in a fight, I'll try _____ to stop it from getting _____.
10. I've learned that talking about feelings during fights is _____, and it helps _____.