

Conflict Resolution Kata

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How to use:

Conflict is difficult, but resolution can be made easier when we use a method of categorizing conflicts, reviewing strategies, and deploying tactics to de-escalate. Be sure to date the conflict and resolution attempt, circle or underline the applicable information, fill in a one liner you will use to initiate resolution, and then record results after. Repeat as necessary.

Conflict

Date:

type:

Household chores | Parenting styles | Money | Communication styles | Values or goals | Time management | Social activities or friendships | Physical or sexual intimacy | Family planning | Personal habits or behaviors |

Resolution Attempt

Date:

Resolution Strategies:

Practice empathy | Active listening | Take a break and come back | Seek outside mediators | Identify common goals | Practice forgiveness | Envision their perspective | Compromise | Practice respectful communication | Set boundaries | Establish clear expectations |

De-escalation Tactics:

Take a deep breath | Use body language to communicate openness | Use a calm and measured tone of voice | Use "I" statements to express your own feelings and needs | Practice empathy | Use humor | Offer a hug or other physical gesture | Remove yourself from the situation | Seek outside support or mediators | Practice self-care |

One-liner to initiate resolution:

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Results