

navigating conflict



Recall a time when
you resolved a conflict
peacefully.
What did you do, and
what did you learn?



What does “peace”
mean to you in your
daily life? How do
you practice it?



Think of a moment
when someone
made you feel
deeply understood,
what they did, and
how you could
offer the same to
someone in conflict.



Think of a person
who you hurt
unintentionally.
How could you
respond in
a peaceful way?



Identify a recent disagreement.
How could it have been handled more peacefully?



What do you
risk by avoiding
conflict and what
can you gain by
facing it?



How can we tell
the difference
between
a constructive
debate and
a conflict?



In conflicts you
face, whose voices
are heard more
and whose are
ignored? How does
power or privilege
play a role?



You want a pet,
but your partner
thinks it's too much
responsibility. Come
up with a solution that
respects both your
wish and your partner's
concerns.



You're planning a trip
on a small budget,
but your friend wants
luxury experiences.
How can you plan
something that
satisfies both of you?

