

Name

Class

Hr

### Conflict Resolution – Finding the Win-Win

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Conflict 1:

A - Someone in class repeatedly makes rude comments to you.

OR

B - You observe someone in class making rude comments to another person.

Steps in Conflict Resolution	Person One:	Person two:
<b>Position:</b> Explain the position for each person involved in the conflict. (Explain each person's point of view.)		
<b>What's the real issue?</b> Identify what each person is trying to get from the situation (what is the motivation or emotional need of each? – respect, trust, attention, belonging, etc.)		
<b>State each person's motivation using an I-message.</b> Possible sentence starters: <ul style="list-style-type: none"><li>- I feel...</li><li>- I want...</li><li>- I would appreciate...</li><li>- I think...</li><li>- I expect...</li></ul>		
<b>Choices:</b> Come up with some possible solutions to the conflict and list the consequences of each.  <ul style="list-style-type: none"><li>- May include choices that are not Win-Win.</li></ul>	<b>Choice</b> 1.  2.  3.  4.  5.	<b>Consequences</b>
<b>Make an appropriate decision:</b> Choose the best option for BOTH people (Win-Win).		