

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:
Position: Explain the position for each person involved in the conflict. (Explain each person's point of view.)		
What's the real issue? 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.)		
State each person's motivation using an I-message. Possible sentence starters: <ul style="list-style-type: none">- I feel...- I want...- I would appreciate...- I think...- I expect...		
Choices: Come up with some possible solutions to the conflict and list the consequences of each. <ul style="list-style-type: none">- May include choices that are not Win-Win.	Choice <ol style="list-style-type: none">1.2.3.4.5.	Consequences
Make an appropriate decision: Choose the best option for BOTH people (Win-Win).		