

Personal Reflection Exercises...

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Open and honest communication is essential for the healthy development of my relationships. For this reason, ***I strive to keep the big picture in mind*** whenever I find myself in conflict with someone else.

I step back from the situation to provide time to cool off before we discuss the matter at hand. Rarely do issues need to be resolved on the spur of the moment; allowing time away from the conflict often produces far more productive communication.

When I am ready to talk, ***I make sure to discuss the issue at hand rather than attacking the person.***

I may be angry and that's okay. I know it is both impossible and unhealthy to deny negative emotions. I accept them and strive to deal with them in a positive way.

I strive to bear in mind my long-term goal of nurturing the relationship. For this reason, I let go of any childish desires for

revenge and put my focus on creating understanding and developing workable solutions.

I tell the other person how I feel and remain open to hearing how they feel as well.

In the heat of the moment, my perspective always seems like the most valid one, but ***I recognize that there are always at least two sides to every story.***

Because I treasure the health of my relationships far more than I value proving myself right, I make a conscious effort to facilitate communication and understanding whenever I find myself in conflict.

Self-Reflection Questions:

1. When I find myself in conflict, do I take time to calm down before I respond?
2. How do I show others that I value their point of view?
3. Do I attack issues or people?