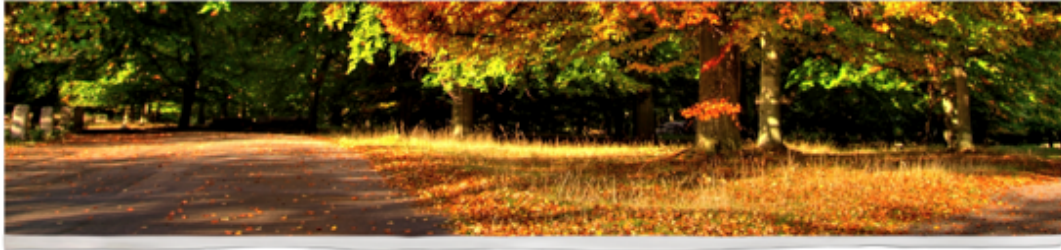


Personal Reflection Exercises...

I choose to discuss personal issues without conflict.



I choose to discuss personal issues without conflict.

I feel less stress and have better communication in my life because I can talk about personal concerns in a positive manner.

Discussing my personal issues is the healthiest thing I can do. I choose to let go of conflict when discussing these issues so I can remain open to communication.

When I have feelings like defensiveness, anger or sadness while dealing with my personal issues, it can cause stress in my life. However, when I choose to take control and let go of negativity, the stress dissipates also.

In the same way, others feel better about discussing their personal issues with me when I keep conflict out of the situation.

Today I choose to remove conflicts from my life. I am also helping others by discussing personal issues positively.

In doing so, I become a leader of open communication, which leads me to stronger relationships and a happier life.

Self-Reflection Questions:

1. What are some unresolved conflicts in my life?
2. What are some ways I can eliminate these conflicts?
3. How may it benefit me to remove conflict when discussing personal issues?