CONFLICT RESOLUTION & NON-VIOLENCE RESOURCE PACK

UPP Educational Materials

Part 1: The "I" Statement Workshop

Use "I" statements to express your needs without making the other person feel attacked. This helps keep the conversation peaceful.

> **The Formula:**
> "I feel [Emotion] when [Specific Action] because [Impact on You]. I would like [Proposed Solution]."

Practice Examples:

Scenario: Someone takes your equipment without asking.
Example: I feel **frustrated** when **my tools are moved** because **I lose track of my work**. I would like **you to ask me before borrowing them next time.**

Scenario: A classmate interrupts you while you are presenting an idea.
Example: I feel **disrespected** when **I am talked over** because **it makes me feel like my ideas don't matter**. I would like **to finish my thought before you respond.**

Scenario: You hear that a friend was talking behind your back.
Example: I feel **hurt** when **I hear about rumors** because **I value our friendship**. I would like **us to talk directly if there is an issue.**

Part 2: Conflict Resolution Worksheet

Complete this reflection to help resolve a disagreement peacefully.

1. The Incident: Describe what happened (Facts only).

_____

_____

2. Feelings: How did you feel? Where did you feel it in your body?

_____

3. Consequences: What would happen if this became a fight?

_____

4. Your "I" Statement:

I feel _____

When you _____

Because _____

I would like _____

5. Personal Goal: One way to stay calm next time:

_____