



How to Resolve Conflict in Three Simple Steps!

Conflict is a beautiful demonstration of the diversity of human nature. Two people can look at the same event, hear the same words and then give completely different meanings. This is due to the wide variety of values*, beliefs and cultures that humanity has inherited in numerous forms.

1 Your Perspective

- _What's the core issue?*
- _Which of your values are not being honored?*
- _How do you want to confront the conflict?*

2 The Other's Perspective

- _If you stepped into this position, how would you see the issue from this perspective?*
- _Do you differ in values?*
- _What do you "both" want to get out of resolving the issue?*

3 If you were a distant observer

What can you see that nor YOU, nor the OTHER can see?

- ✓ **More advice and solutions from our [Bounce Back Video Series on Stress Management](#)**
- ✓ **You can find additional long lasting and life changing tools and strategies to help you manage stress and release tension in our Ebook Bounce Back, available by [subscription](#) or on [Amazon](#).**

Was this information helpful? [Let me know, how you are getting on.](#)

*If you do not know what your values are, try to spend some time to explore them. Your values define to a great extent your actions, and are a skeleton for your personal identity. If you need help on this, get in touch.