

Conflict Worksheet

Take responsibility for your actions	Practice Relaxation Techniques	Pay close attention to the input you receive from all 5 senses: sight, sound, touch, smell, and taste.
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Take Deep Breaths,	Listen to Music,	Tear the pages to divert your anger,
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Go for a walk,	Stop-Take time before reacting,	Know your triggers & Walk away from them
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Start Counting, take time to react, and count to 50 to cool down yourself.	Drink a glass of water	Go to another quiet corner.
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Talk to your friend,	Blow the bubbles to calm your anger,	Exercise Regularly,
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Remember your relationship is stronger than this argument	Remind yourself of the consequences if you react impulsively	Try to understand the perspective of the other person too
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