

<b>Feeling when in conflict</b>	<b>Strategies to manage</b>
Afraid	<ul style="list-style-type: none"> <li>• voice it</li> <li>• talk about it</li> </ul>
Anger	
Anxiety	<ul style="list-style-type: none"> <li>• identify what you can control and what you can't</li> </ul>
Betrayed	<ul style="list-style-type: none"> <li>• breathing</li> <li>• planning to allow action</li> <li>• try to rebuild trust</li> <li>• accept and move away - reach out to somebody different</li> </ul>
Confused – conversations – understand my role in the conflict	<ul style="list-style-type: none"> <li>• have conversations</li> <li>• understand my own role in the conflict</li> </ul>
Frustration	<ul style="list-style-type: none"> <li>• conversations with someone you can trust</li> </ul>
Futility	
Guilt	<ul style="list-style-type: none"> <li>• apologize if needed</li> </ul>
Hopeless	<ul style="list-style-type: none"> <li>• research encouraging articles/ strategies</li> </ul>
Hurt	<ul style="list-style-type: none"> <li>• understand my role in the conflict</li> <li>• identify the specifics of why you are hurting</li> </ul>
Insecure	<ul style="list-style-type: none"> <li>• remember that you choose how someone makes you feel</li> <li>• recognize your own strengths</li> </ul>
Invisible	<ul style="list-style-type: none"> <li>• speak up</li> <li>• make them see you</li> <li>• recognize your own importance and value</li> </ul>
Outrage	<ul style="list-style-type: none"> <li>• do something to calm yourself (reflection)</li> </ul>
Upset	<ul style="list-style-type: none"> <li>• good sleep</li> <li>• taking care of yourself</li> <li>• allow yourself a good cry</li> </ul>
Protective	<ul style="list-style-type: none"> <li>• breathing</li> </ul>
Speechless	<ul style="list-style-type: none"> <li>• take to time you need to be able to articulate</li> </ul>
Stressed	<ul style="list-style-type: none"> <li>• take time to do some yoga (or other physical activity)</li> <li>• work on self-awareness to recognize and manage escalation</li> </ul>
Unheard	<ul style="list-style-type: none"> <li>• seek out conversations with compassionate and understanding people</li> </ul>
Worried	<ul style="list-style-type: none"> <li>• research to make sure you have all the facts</li> <li>• look at likely outcomes realistically</li> </ul>
Apologetic	
Deflated	
Denial	
Determined	
Disappointment	

<b>Feeling when in conflict</b>	<b>Strategies to manage</b>
Disgusted	
Empty	
Exhausted	
Hopeful	
Indignant	
Loss	
Resigned	
Stubborn	