# Skill-Building Challenge Worksheet: Resolving Conflicts

Name: Blank Class: Blank Date: Blank

Read through each of the following scenarios. Discuss which conflict management approach is illustrated in each and describe why the approach is harmful or unsuccessful. Decide how best to resolve the conflict in order to provide a helpful and successful solution. Remember to brainstorm your options and identify the best strategy or strategies to use. Once you have made your decision, explain how your choice supports a helpful and successful resolution to the conflict and identify the possible short- and long-term consequences of your choice.

**SCENARIO 1** Emily and Zoe are both friends with Mateo, and they both have a crush on him. Emily has more classes with him and gets to see him often, but Zoe lives next door to Mateo’s family. Lately Zoe has been hanging out with Mateo between classes and after school, and it’s made Emily jealous. She’s also angry because it feels like Zoe is trying to keep her away from Mateo. Emily and Zoe had a fight yesterday, and now they just don’t seem to be getting along at all anymore.

**Actions and decision:**

**Short-term consequence:**

**Long-term consequence:**

**SCENARIO 2** Thomas and Dylan have been friends a long time. Last week, Dylan was giving Thomas a hard time about a picture he posted of himself on Instagram. Thomas texted Dylan and told him to lay off. Instead, Dylan made a sarcastic comment back to Thomas on Instagram. Thomas is really mad at Dylan, and Dylan thinks Thomas is blowing everything out of proportion.

**Actions and decision:**

**Short-term consequence:**

**Long-term consequence:**