Exercise: Resolving the Unresolved

Reflect on what is most pertinent to your life. Focus on a particular

conflict that remains unresolved. Ask yourself:	
• '	What would you like to happen in the long run?
•	How might your situation be improved in the short run?
	What are you willing to do to increase the likelihood of progress in this desired direction?
• '	What are a few first steps you might take?
• ,	Are there approaches you've learned that you would like to try?
•	Track desirable changes you notice each week.
• 1	Notice helpful actions, thoughts, or areas of focus you have been engaged in.
•	Notice what the other has done that has helped.
• ,	Acknowledge that support.
• '	What more could be done?

• Make a request. Ask what you have done that has been helpful.

- Ask if there is more you can do.
- Discuss ways to help each other co-create the work climate you both prefer to work in.
- Dwell on your shared vision.

Taken from "Moving from Conflict to Collaboration" by Stan Clark, ED.D., EAW Psychologist