

3 minute thoughts

Episode 9 Seeing Your Part in Conflict

THE IDEA

Engaging conflict asks us to take an active role.

First, we come to recognize and allow that we have contributed to the conflict. As the old saying goes, *it takes two to tango*.

Second, practice empathy to engage with conflict. This means putting yourself in the other person's shoes to guess how it might be for them.

Third, take a turn for yourself, letting the other person into your experience of the conflict.

THE QUESTION

How can you practice *Stop, Look, Listen*?

- Identify and understand unmet needs
- Attend to both the other person and yourself