

# Solving Conflicts

## Adult Student Life Skills Packet

“Seek to understand, NOT to be understood”



*Do you ever feel hurt? Frustrated? Angry?*

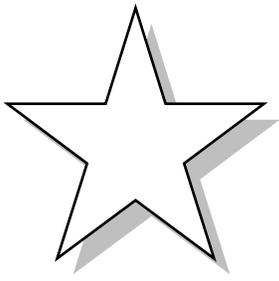
You're not alone. Conflict is a part of everyday life. But if we don't handle conflicts appropriately, it can lead to hurt feelings, lost friendships, and it can damage relationships and marriages. We can practice our listening and problem solving skills to help us stay calm and resolve our differences.

It is important that, as martial artists, we remember that the strongest weapon we have is our BRAIN!

It's not realistic to expect zero conflicts in our relationships, especially our closest ones. The point of this Life Skill is to learn how to (for lack of a better term) “Fight Fair” By following some basic guidelines for conflict resolution, we can get through disagreements without causing harm to our most valued relationships.

Remember: If it seems like all your relationships are chaotic and nobody is acting right... If you're constantly in turmoil with people... It's probably NOT THEM! It's probably YOU! The common denominator in ALL our relationships is... US!  
**Instructors will be discussing conflict resolution in the classroom in “Mat Chats”**

Students enrolled in our Elite & Masters Training Programs are introduced to Life Skills Training as part of a complete program that builds confidence, character and positive self-esteem.



# White Merit Star

WHITE STAR DUE THE WEEK OF Monday,  
January 25th

## Active listening

In order to understand, you first have to listen to what the other person has to say about their feelings. Try to put yourself in the other person's shoes so you can see their point of view. Take turns listening to each other. You should also repeat what you have heard to make sure you understand. **DON'T INTERRUPT!**

- ★ Practice your listening skills. Set the timer for :30 seconds and take turns talking (without interrupting). What happened? (**Write it here**)

## Say how you feel, NOT what they did!

Tell them how you feel about what happened. The challenge is to NOT use the word "YOU" at all, unless it's in the form of a question. Only use "I" statements. Then ask them if they were trying to make you feel the way you do now. It's usually a lack of communication or at worst, unintentional.

- ★ Example (**Write it here**)

## Control yourself

It's hard to keep your voice down when you are upset. But talk quietly. Pay attention to your body. Elevated pulse, breathing, adrenaline rush... **WARNING!!!** You are about to be out of control of what you say or do. Learn how to walk away and take a time out in a principled manner.

- ★ Example (**Write it here**)

## Agree to make changes, apologize if necessary.

Proper conflict resolution will generally result with EACH person having a role in making changes. Rarely is it all one person or the other.

- ★ Example (**Write it here**)

## Revisit often

People usually recycle the same argument over and over. Something that helps prevent this is ASKING the other person regularly if this area has improved (from their point of view) We are rarely aware of exactly how we really behave. Checking with those closest to us is a really good idea. Especially if we say we value them! Most conflicts are a "work in progress"

- ★ Example (**Write it here**)

**P.S. No one is above therapy or counseling... especially if it's worth it. It usually is :)**

I am practicing resolving conflicts at home (circle one)    Excellent    Good    Fair    Needs Improvement

Other Comments:

Signature \_\_\_\_\_ Date \_\_\_\_\_

Student's Name \_\_\_\_\_



# Blue Merit Star

Students will earn a **Blue Merit Star** on their belt for demonstrating the cycle's life skill and showing Black Belt effort away from the martial arts studio. Thank you for taking time to help this person improve as a well-rounded martial artist and student!

**I am learning more about how to Resolve Conflicts through my Martial Arts program. Please grade me on the following:**

**Student's Name** \_\_\_\_\_

Grades                      Excellent      Good      Fair      Needs Improvement

Concentration            Excellent      Good      Fair      Needs Improvement

Listening                    Excellent      Good      Fair      Needs Improvement

Respect                      Excellent      Good      Fair      Needs Improvement

Citizenship                Excellent      Good      Fair      Needs Improvement

**Resolving conflicts**    Excellent      Good      Fair      Needs Improvement

Comments:

I have read the above and confirm the above named student is performing satisfactorily at resolving conflicts.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Relationship to this student: \_\_\_\_\_

**BLUE STAR DUE THE WEEK OF Monday, February 15th**