Resourcing yourself in conflict

Stop: Resource yourself

- Breathe
- Feel feet, seat
- Take a time out: "I really care about you and this issue, so I'm going to take a minute to collect my thoughts. Can we talk [TIME]?

The most helpful way for me to resource myself is:

_____
_____
_____
_____

Challenge your story:

- What is the real threat?
- Intention/impact
- Power and identity issues that could be at play
- Your commitment to the relationship/issue
- Who and how you want to be
- Is this an issue of people, resource, or process?

Where can I challenge my story?

_____
_____
_____
_____
_____

Choose:

- What words, actions, and stance will best support the outcome you're aiming for?
- What will allow the relationship to deepen?

What choices will best support the outcome I'm seeking?

_____
_____
_____
_____
_____