

Conflict talk sheet

1. I feel:

sad

foolish

misunderstood

alone

embarrassed

taken for granted

ignored

silly

hurt

angry

distracted

jealous

2. How I express how I feel: (without being mean, angry or violent)

3. How I want this to end: (Be fair, open to suggestions and accept responsibility)

4. Do I need
to apologize?

YES

NO

