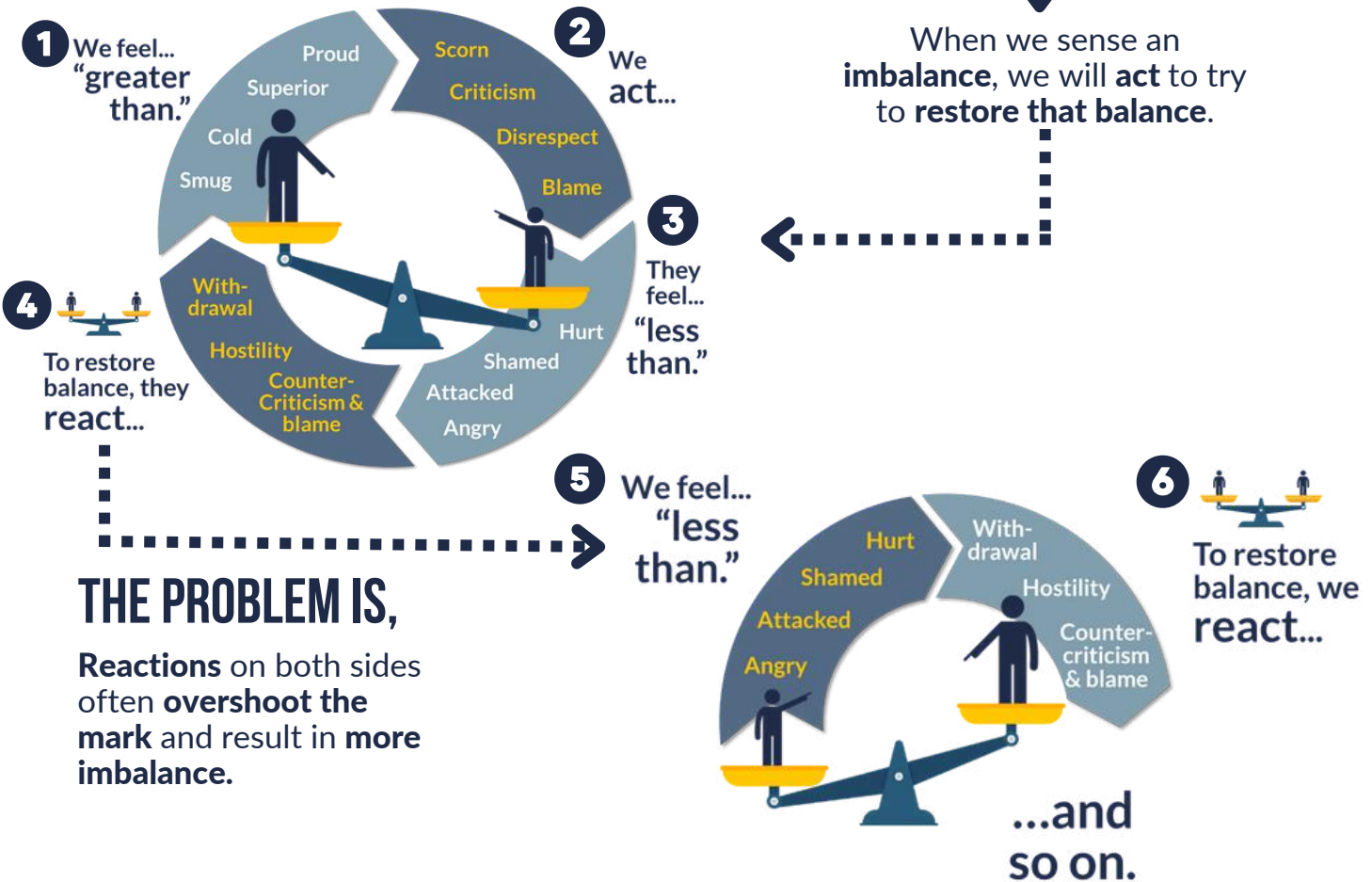


# RESTORING BALANCE IN CONFLICT



## CONFLICT OFTEN CREATES A LACK OF BALANCE.....



### THE PROBLEM IS,

Reactions on both sides often **overshoot the mark** and result in **more imbalance**.

### TO RESTORE BALANCE:

- Affirm **your own value**. It hasn't changed.
- Affirm the **value** of the **other person**.
- Affirm that **the issue matters**.
- Search for the **truth**.
- Determine what would **restore balance**, and then act on that.



### THOUGHT QUESTIONS

- How would I act right if I believed that I am a valuable human being?
- How would I treat the other person if I knew they are a valuable human being?
- What is really the issue here? How can we redirect our focus to work on that?
- What would make the other person feel that balance is restored? What would make me feel that way? How can we accomplish that?

