

## Week 7: Togetherness

# Managing Conflict With "I" Statements

**"Peace is not the absence of conflict, but the ability to cope with it."  
-Mahatma Gandhi**

Conflict is often inevitable, even if we try to avoid it. It is important to know how to effectively manage conflict, as it can play an important role in our overall wellbeing.

There are many strategies to managing conflict. One of these strategies is using "I" statements. "I" statements are a way of communicating your feelings during a conversation without placing blame on anyone. Using "I" statements, we can identify and communicate how we feel, why we feel that way, and what we need in order to resolve a conflict.



## Exercise:

Think about a conflict you've had in your life recently. Use the diagram below to practice how you would effectively manage that conflict using "I" statements. Use the example below as a guide.

Example: **When...** you show up late, **I feel...** upset and hurt. **I would like...** for you to let me know if you're going to be late.

**When...** (Be specific and don't assume the other person knows what you are referencing)

**I feel...** (Focus on your feelings without blaming)

**I would like...** (Suggested solution. Make sure it is reasonable)

## Reflection:

How did this activity make you feel? Do you already use "I" statements? If not, how do you think they can improve the way you handle conflict in your everyday life?



**Challenge:** Teach this strategy to a friend this week.