

# Conflict Reflection Worksheet

A Tool for Understanding and Resolving Disputes



## About the Conflict

- Briefly describe the situation:
  - Who was involved:
  - What was the main issue:
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## My Internal Experience

- What emotions did I feel?
  - What did I notice in my body?  
(e.g., tension, racing heart, shutdown)
  - What thoughts came up for me?
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## My Communication Style

- During the conflict, I:

- Avoided speaking up
- Reacted quickly or strongly
- Struggled to express clearly
- Communicated calmly and directly

- **What I said or wish I had said:**

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## Boundaries in the Situation

- Were my boundaries:
  - Clear and respected
  - Unclear
  - Not expressed
  - Crossed

- **What boundary was involved:**

- **What I needed in that moment:**

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## Attachment Awareness

*Conflicts can activate old patterns.*

- I noticed that I tend to:
  - Withdraw or shut down
  - Seek reassurance or feel anxious
  - Become defensive or reactive
  - Stay grounded and open

- **What this might connect to:**

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## Understanding the Other Person

- What might the other person have been feeling?
  
  
  
  
  
  
  
  
  
  
- What might they have needed?

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## Repair & Growth

- What I would do differently next time:
  
  
  
  
  
  
  
  
  
  
- How I can communicate more clearly:
  
  
  
  
  
  
  
  
  
  
- One boundary I will express going forward:

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## Regulation & Support

- What helped (or could help) me stay calm:
  - Taking a pause
  - Deep breathing
  - Stepping away
  - Writing before responding
  - Talking to someone safe
  
  
  
  
  
  
  
  
  
  
- One tool I will use next time:

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## Reflection

- What did I learn about myself?
- What felt most challenging?
- What is one small step I can practice?

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## Notes

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### Gentle Reminder

Conflict is a normal part of relationships. With awareness and care, it can become an opportunity for growth, clarity, and stronger connection.

**“It’s not about being right—it’s about understanding.”**

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