



# HEALTHY CONFLICT

CHALLENGE: How many questions can you answer!

What things drive you absolutely nuts?

What do you think thick-skinned means? Do you think you are?

What do you struggle with most about conflict?

Have you ever missed out to avoid conflict? How did that feel for you?

What helps you cool down when you feel a fight brewing?

What have you learnt from how other people manage conflict?

Imagine a life where everyone manages conflict well!

Imagine a life where everyone manages conflict badly!



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CHALLENGE: How many questions can you answer!

Do you think you manage conflict well? Why do you say that?

What are some upsides of conflict?

What is your best tip is to avoid getting angry?

Do you regret having gotten angry during conflict?

Who do you have the most conflict with?

How can you have less conflict in your life?

Do you feel you like you can say what you want or need?

Are there any conflicts at the moment you would like to chat about?