Teen Conflict Resolution Steps

Cool. Name. Speak. Listen. Options. Plan. Repair. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or bullying? Pause.
Get help.

2. Cool the body

Rate 0-10. Delay talk if
hot.

3. Name the conflict

One fair sentence. No
character attacks.

4. I-statement

Feeling, situation, need or
ask.

5. Listen + paraphrase

Repeat their gist before
bargaining.

6. Brainstorm options

At least three. Include
adult-help.

7. Fair plan

Win-win or compromise. Fair,
safe, doable.

8. Repair + log

Next step, check-back, then
log.

Tip: cool first if intensity is high, then talk. Hot chats rehearse the fight.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Conflict is not bullying. Repeated harm with power imbalance needs adult action.

Original layout by Lotus & Tulip, based on teen conflict resolution skill practice. A practice tool, not therapy.

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My Conflict Plan

Name it. Cool. Speak. Listen. Options. Choose. Check back.

Name: _____ **Date:** _____

Conflict in one fair sentence:

_____

Intensity 0-10 now: _____ After cool-down: _____

Cool plan (what I will do before talking):

_____

My I-statement (feeling / situation / ask):

_____

_____

Their side (paraphrase):

_____

_____

Three options (then circle the plan):

1. _____
2. _____
3. _____

Chosen plan + check-back time:

_____

Repair / next step I will take:

_____

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Conflict Practice Log

Seven days of cool-downs, talks, and repairs.

Name: _____ **Date:** _____

Day / date	Conflict / scene	Skill used	What happened	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Conflict: _____ Plan: _____

Cool · Name · Speak · Listen · Options · Plan · Repair · Log

Conflict is not bullying. Get an adult when power imbalance is the real problem.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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