Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CALM 20**

**Relationships & Conflict**

1. Why should you choose to face a situation and try to resolve the conflict?
2. Explain the following of Conflict Resolution:
   1. Step One: Agree to Work it Out
   2. Step Two: State Your Feelings
   3. Step Three: State What Has Happened
   4. Step Four: State What You Need
   5. Step Five: Brainstorm Ideas
   6. Step Six: Choose the Best Solution
   7. Step Seven: Try Out the Solution
3. List four positive ideas on how to cope when arguing with parents.
4. Why are parents overprotective?
5. List three positive things that can be done when dealing with stepparents or stepsiblings.
6. There are many ways in dealing with peer pressure. Choose 2, which you think would work best for you, list them, and explain why for each.
7. Explain three key differences between communicating with males or females.
8. Is conflict always a bad thing? Explain why or why not.
9. Explain the importance of being involved in a reciprocal relationship.