Personal Application Worksheet

Awareness is crucial for resolving the heart of a conflict. Call to mind a difficult conflict in your life and reflect upon the following questions.

1. What feels personally at stake for you in the conflict? Consider your beliefs, rituals, allegiances, values, and emotionally meaningful experiences.

2. What might be personally at stake for the other party?

3. How rejected do you feel—and why?

   1 2 3 4 5 6 7 8 9 10
   (slightly rejected) (extremely rejected)

4. How rejected might the other side feel—and why?

   1 2 3 4 5 6 7 8 9 10
   (slightly rejected) (extremely rejected)

5. In what ways might the other party feel that you are imposing upon their ability to make decisions?