Conflict Positive Framework

Mindset
- Problem solving, positive resolution
- Focus on creative solutions not just conflict resolution
- Mindsets of collaboration and innovation
- Embrace new ideas and perspectives
- Continuous learning and growth

Self-Awareness

- What is my approach to conflict?
- What comes up consistently?
- What is being triggered?
- What do I need?
- Who am I in conflict?

How we listen

- Communicating through conflict
- Choosing our words
- Choosing your words
- Phrases that inspire responsiveness
- Articulating our own emotions and positions
- Upregulating language (release of positive hormones)
- Choice and self-care in conflict
- How do we act?
- How will we feel?
- How can we move forward?

Conflict Positive Outcomes
- A positive outcome in conflict resolution
- An environment that fosters learning and growth
- A culture of collaboration and innovation
- Enhanced problem-solving skills
- Improved communication and understanding

Source:

- Stephen Covey, Seven Habits of Highly Effective People
- Anais Nin
- Donna Douglas Williams
- Michael Isaccs

Credits:

- Chinese verb for "to listen"
- Various contributors to conflict resolution and positive outcomes in conflict

Note:

- Remember to give credit to your sources. Insert links to original articles and try hyperlinking them!