



## **Conflict Resolution Think Sheet & Skit**

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In life conflict is inevitable. We don't all see things the same way and sometimes that can lead to conflicts, whether big or small. Unfortunately, some people choose to fight instead of resolve their differences and this doesn't help anyone. Sometimes all it takes is two people making an effort to understand each other by putting themselves in the other person's shoes. The reason this is important is because of perception. For instance, one person may see a red truck, while another person may see a maroon truck. That doesn't mean that either person is wrong. It just means that two people don't perceive the same thing and they can agree to disagree on what color the truck really is. There is nothing wrong with this, but sometimes we want to be right and that makes the conflict even worse. The following skit will coach you on how to deal with conflicts with others to keep the peace and improve your relationships.

### **Wear My Shoes Skit**

This skit only requires two people at a time. Both people sit across from each other and each person brings a shoe that belongs to them (this can be a fake shoe or one from your closet, whichever you are more comfortable with). One person gives the other his shoe and the other person does the same. They each hold the other person's shoe or set it beside them as if they are becoming the other person. Then, one person begins to tell his side of the story and then the other person does the same. After they have heard each other's side of the story, one person starts to describe what they heard the other person say. After the first person is done, the other person does the same. The skit ends when each person has understood the other, has shown compassion for what the other person has experienced, and each acknowledges their part in the conflict.

***Note: make sure you use "I" statements instead of "you". When you say "you did this, or you did that" it is a form of blaming or pointing the finger and it is far less effective. Saying "I felt" allows you to take ownership of the problem without attacking the other person. Empathy is the key to healing and understanding the other person. Also, you may use paper print outs of shoes to represent the shoes you need to wear from each other if actual shoes do not work for you.***

### **Questions to ponder:**

- 1. What did you learn from this skit?**
- 2. Do you think you might try this in the real world? Why or why not?**
- 3. Think of some conflicts in your life right now that may need to be resolved. How can you go about making amends or being the bigger person and trying to resolve your differences with another person?**

Feel free to let us know how your conflict resolution worked out for you using our “Wear My Shoes” method. Post your comments or experiences at [www.facebook.com/angelicrainbowenterprises](http://www.facebook.com/angelicrainbowenterprises)

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