


## HOW DO YOU ACT IN CONFLICT?

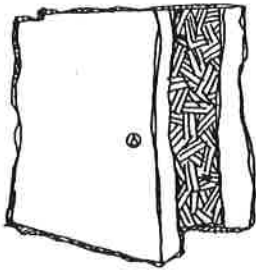
This activity is intended to make you aware of how you act when you are in a conflict situation. This is just for your information. You will not be asked to share your answers.

Everyone's responses will be different. Your response will depend on your life experiences.

Read the following statements and check all that apply to you 

Feel uncomfortable with conflict so avoid it altogether	Get visibly angry
Use put downs	Take deep breaths
Continually hint at the problem instead of addressing it directly with the other person	Sigh a lot and <i>roll your eyes</i> when the person is talking to you about the problem
Feel badly and apologize a lot to the other person	Say " <i>Whatever!</i> " and act like you don't care
Throw a tantrum	Don't listen and ignore what the other person is saying
Hit something or someone	Blame the other person because they don't agree with your point of view
Yell or scream	Send a text so you do not have to talk to the person face-to-face
Use the <i>silent treatment</i> when you are upset with someone about something	Bring up things from the past to make another person feel bad
Try to be reasonable and calm; talk about the problem	Make excuses for your behaviour
Pretend nothing is wrong	Let the other person have their way
Continually change the subject	Talk to a friend about the conflict and ask for advice on how to deal with it
Deny your responsibility in the conflict	Confront the other person
Suggest a compromise to resolve conflict and try to smooth things over	Think about how you can change your behaviour
Involve others in the conflict by trying to get them on your side	Use violence or aggression to deal with the conflict

Adapted from *Introduction to: Conflict Resolution: Participants' Resource Guide* with permission from YOU CAN, [youcan.ca](http://youcan.ca).



# Should I Stay or Should I Go?

**The decision to end a difficult relationship, or to stay and keep trying to make it better, is always a hard one. The purpose of this activity is to help you figure out what's the best move for you.**

Below, list every reason you can think of for continuing to work at the relationship, and every reason you can think of to end the relationship.

Reasons to Stay

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Reasons to Go

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Not every reason you have listed will have equal weight in your decision – go back and put 2 stars next to the reasons that have 'double weight' (or 3 stars for triple weight) in your decision.

Here are some more things to think about if you haven't already. Consider how your relationship has affected the following areas of your life, or your partner's life. Add them to one side or the other of your list, if they apply.

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|--|--|
| <input type="checkbox"/> Physical health | <input type="checkbox"/> Friendships                   |
| <input type="checkbox"/> Family          | <input type="checkbox"/> School Attendance/Performance |
| <input type="checkbox"/> Self-esteem     | <input type="checkbox"/> Activities you enjoy          |
| <input type="checkbox"/> Goals in Life   | <input type="checkbox"/> Spirituality                  |

You may want to talk over your list with someone you trust, to make sure it is complete and honest.



**CHECKPOINT:** Are you ready to make a decision about whether to stay or go?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, what is it? \_\_\_\_\_



# Dealing With A Breakup

***If you've decided to end a relationship, it's a good idea to be prepared for your partner's reaction as well as your own feelings.***

## **How will my partner react when I end the relationship?**

There's no way to be sure, but below are some common and pretty normal reactions to a break up. Are you prepared for them? Write how you will respond to each of the following reactions by your partner.

- ♣ Disbelief, even if you think your partner should have seen it coming \_\_\_\_\_
- ♣ Crying \_\_\_\_\_
- ♣ Some degree of anger directed toward you, but no violence or threats \_\_\_\_\_
- ♣ Acting as if he or she doesn't care \_\_\_\_\_
- ♣ Making some effort to get you to change your mind, but without threats or coercion \_\_\_\_\_
- ♣ Denying that it is really over by saying that he or she believes that you'll get back together someday – but without making scary threats \_\_\_\_\_
- ♣ Trying to hurt you back by saying mean things \_\_\_\_\_
- ♣ Wanting a detailed reason for the breakup, and having a hard time accepting the reason you give \_\_\_\_\_
- ♣ Other \_\_\_\_\_

Most of these reactions are using defense mechanisms – ways of protecting oneself from hurt feelings. The best way to deal with it is to just let your partner use whatever defenses s/he needs to protect him or herself at this time. Your partner's anger at you will probably go away with time. In the mean time, you should have someone you trust to talk to about your feelings.

Below are reactions to a breakup that are NOT normal or acceptable and require you to get HELP from a trusted adult or the police. Write how you will respond if your partner reacts in the following ways. If you think your partner might react in any of these ways, you should have a safety plan in place before breaking up.

- ♣ Any violence or threats of violence \_\_\_\_\_
- ♣ Words that scare you like "I will never let you go" or "If I can't have you no one can" \_\_\_\_\_
- ♣ Threats of suicide, stated clearly like "I'll kill myself if you leave me" or implied like "I can't go on living without you" \_\_\_\_\_
- ♣ Refusing to 'let you' breakup by not letting you leave, or refusing to leave you alone \_\_\_\_\_
- ♣ Stalking you after the breakup: following you, calling constantly, or having you watched \_\_\_\_\_
- ♣ Other \_\_\_\_\_

(continued on next page)



## Dealing With A Breakup

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### How Will I Feel After the Breakup?

Below are some normal feelings you may experience, along with suggestions for how to deal with them:

- ♣ Sadness and frequent crying, but this should begin to slow down after a week or two. It's OK to let yourself be sad and cry – even though you wanted the breakup, you are experiencing a real loss. One healthy way to work through your confusing feelings is to write about them in a journal. Start here by writing some of the feelings you are having while thinking about breaking up: \_\_\_\_\_

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- ♣ Feelings of loneliness and missing your partner. You should let yourself go through some of these feelings, but don't sit around feeling lonely for too long. Now is the time to re-connect with your friends and family, get involved in extracurricular activities, or get involved with a project or hobby. Write names of people or activities that can help you cope with the loneliness: \_\_\_\_\_

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- ♣ Guilt. There's no way to get around someone getting hurt when a relationship ends. You and your partner will both get through it and grow from the experience. Console yourself by knowing that you did the best thing for your partner by being honest and ending the relationship at the right time; it would have hurt your partner more to string him or her along. Write this sentence in the space below, and remind yourself whenever necessary: *"I have the right to end a relationship. I am making the best decision for me."* \_\_\_\_\_

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- ♣ Questioning yourself about whether you did the right thing. It is normal to have some doubts, but it is not a good idea to call up your partner and tell him or her about them. This might give your partner false hope and hurt them more, or lead you both into a painful 'on again - off again' cycle. The best thing is to talk about these doubts with someone in your support system, and remind yourself of all of the reasons you made the decision to break up in the first place.

Who will you talk to? \_\_\_\_\_

What are the biggest reasons for your decision to end the relationship? \_\_\_\_\_

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- ♣ Other \_\_\_\_\_

Below are some more serious reactions to a breakup that you could experience. These reactions mean that you need help from a counselor or doctor. List the people or organizations you will go to for help if you experience each problem:

- ♣ Feelings of extreme depression and loneliness that do not go away after a short period \_\_\_\_\_

Thoughts about hurting or killing yourself \_\_\_\_\_

- ♣ Loss or gain of more than a few pounds \_\_\_\_\_

Use of drugs or alcohol as a way of dealing with the pain \_\_\_\_\_

- ♣ Use of drugs or alcohol as a way of dealing with the pain \_\_\_\_\_

Other \_\_\_\_\_

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