

Tools to better understand each other and cultivate harmony



**Day 14**

## Your challenge today

Identify some of the behaviours you've already adopted, and think about the impact they had on the conflict.

Bellow are some behaviors that may influence the trajectory of the conflict:

### Behaviours that contribute to conflict escalation:

- Blame
- Looking for allies
- Ignoring the other person
- Communicating while you're still in the throes of emotion
- Defending yourself without listening
- Attributing malicious intent to the other person

### Behaviours that help to prevent conflict escalation:

- Validating your perceptions
- Identifying and expressing your needs and feelings in a respectful manner
- Truly being available for dialogue
- Trying to be empathetic and understand the other person

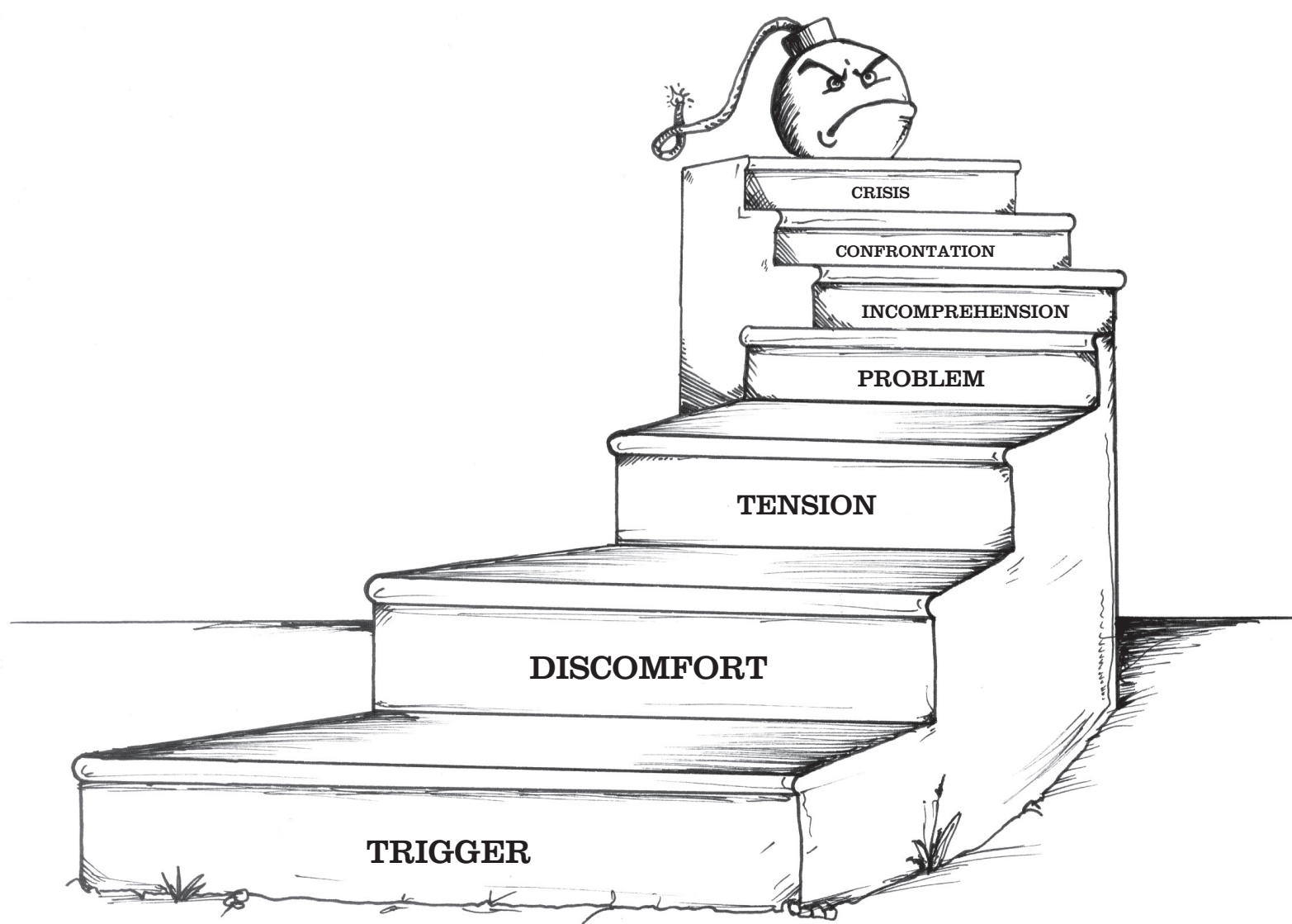


Image taken from the program *Différents, mais pas indifférents* - Institut Pacifique

**What if the next challenge helped you reflect on what brings us together?**

### About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

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