

## Exercise I

### Your Thoughts:

What words come to mind when you think of conflict?

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Where does conflict come from for you?

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When is conflict harmful for others or for you?

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When have you found conflict helpful?

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## Exercise II

### Your Thoughts:

Describe a situation in which you or someone else experienced an amygdala hijacking – a very sudden and strong reaction out of proportion to the situation.

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What did it feel like physically and emotionally?

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## Exercise III

### Your Thoughts:

Our conflicts affect us, those we are in conflict with, and the people we spend time with.

Think of a conversation you had with someone recently that was difficult, or went wrong, or that's been haunting you. Share a snapshot of the context surrounding the difficult conversation you had with someone.

What did the other person do during the conversation that was not helpful (e.g., raised voice, rolled eyes, said...)?

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Imagine the other person is sitting in your place. How would they answer the following question? What did you do during the conversation that was not helpful?

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