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(Start with your favorite induction)

Conflict Resolution Intervention:

Sitting in your chair,
Notice the support,
Relaxed
Comfortable
Calm
You can notice your breath
In and out,
Feeling the coolness
As you draw the air in,
Exhaling and releasing tension
Sitting peacefully
You can reflect on your situation
Remembering the facts
Separating your facts from the meaning
You can remember your because
Feeling calm, relaxed
Comparing your facts and your because
You can remember that your because is not a fact
You can wonder what the other party's facts are
You can imagine that there will be new facts
Feeling relaxed in your chair
Breathing in and out
Deeper relaxation
Like a wave soothing you
Calm and quiet
You are confident that you can resolve the conflict
You know that if you sense defensiveness
You can settle it with CASH tools
Excited that there will be a wonderful outcome
As you are reflecting on the conversation
You might find yourself relaxing
Confident that you can reach a good outcome
Wanting an answer that is right for both
Here, now, you are clear about your facts
You know that the situation can be resolved
There is no risk, no threat,

Confident that you can think clearly
You can stay focused
As you can feel your body and mind relaxing further
You can be curious about the other person's facts
You can wonder what "because" the other person has
As you enjoy this moment of peace
Noticing your breath,
In and out
You are interested in understanding
There is an answer,
A good outcome
Today, you are committed to finding that good outcome
A win-win for both sides
Moving downward
More and more relaxed
Imagining the sun warming and comforting you
Picturing a gentle breeze on your face
Nothing is required of you
Enjoying this moment of reflection
Confident of the win-win that will be
You can apologize for any hurt
As you smile with genuine caring
Focused on everything the other is saying
Listening to learn
Noticing that you both want resolution
[pause]
Have you noticed -
Many people have what they call a junk drawer
You might have one, I know I do
Perhaps it's in your kitchen
Or maybe somewhere else
It doesn't matter
Junk drawers are handy
We can use them to hide things
Or to put things when we don't know what to do with them
We hurriedly put things away
Out of sight
And the stuff in that drawer piles up
Cords, old keys, lids, charging cords, batteries
Lots of odds and ends
Things get tangled
And sometimes you even forget what's in that drawer
Things that would be useful
Things that should be thrown away
All tangled up together
It feels so good to put order to such a mess
Doesn't it?
Feels like it would be a big task

Putting order to all that mess
But it really isn't
You take each item out
Look at it
Will you keep it or let it go?
You create categories and groups
Putting things together that should be together
Getting rid of the things you no longer need
Feeling so good about finally getting things in order
Discovering things you had forgotten
Things that are useful and helpful
Disposing of things that just take up space
Making it hard to see the good
The useful, the valuable
The drawer is clean and organized
You can feel proud
With a little effort, the clutter is gone
Everything has been put right
It's done, the mess is gone, and it feels right
Finally
[pause]
You have your facts and your story, it's time now
You can put things right
You can ask
It's time to clean the mess
You will share your facts because you are clear
Your facts are not your because
You can share your because with gentle caring
You are listening and choosing words carefully
You are watching and adjusting
You are hearing the rest of the story
Using your CASH tools when needed
You are calm because you have the tools
You can soothe away any tension
You remember to enjoy this moment
Breathing in and breathing out
Thinking clearly
Feeling the rhythm of your breath
Listening, watching, thinking, and feeling
Caring about the other
Focused on finding a win-win
Letting go of your own because, your own meaning
Adjusting your understanding
Caring about a win-win
Allowing it to happen
Expecting that being open, a good outcome will happen.
Now, you can reflect on your facts, your because, their facts and their because
As you reflect, you are open to new possibilities

[pause]

It's time now to return

You are ready now to

You can make this right

Resolve the conflict

Achieve a good outcome

And nurture your relationship.

[Use your favorite close]