

# Conflict Resolution Worksheet

University Ombuds, College of William & Mary

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*Complete the sentence: "With conflict resolved, I will [feel], [be able to], [?] ...*

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What has happened?

My Story	Their Story	Neutral Story

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What are yours and their interests? (the “why” behind positions)

Mine	Others (including other involved parties)

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## What is my game plan?

- **Options** (possible ways to address some or all interests by agreement)
- **Alternatives** (what I and the other party will do about interests *without* agreement)
- **Communication strategy** (separating people from the problem and curiosity questions)
- **Commitment tools** (means to encourage follow-through with agreement)

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