

# Peer-to-Peer Conflict Resolution

## 5 Step Quick Reference Guide



1

### Cool Down

Walk Away  
Draw or Journal  
Breathe



2

### Share Your Voice & Listen

Listen without Interrupting  
Use "I" Statements



3

### Take Ownership of Your Actions

Accept Responsibility for Your Actions  
Ask What Could Have Been Done Differently



4

### Brainstorm Solutions

Be Open Minded



5

### Acknowledge Differences

Agree on a Solution  
Accept the Outcome

### Breathe

Place your hand on your stomach and take deep breaths:



**INHALE**  
for 4 seconds



**HOLD**  
for 4 seconds



**EXHALE**  
for 4 seconds



**REPEAT**  
until calm