



The Adventures of  
**Dooney the Donkey** with  
**Curious Jay**

Understanding Conflict Management

- ▶ *Conflict is a Disagreement*
- ▶ *How do we normally approach conflict?*
  - *Win/lose*
  - *Defensive*

*Make a list of things people disagree about*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



*Think of a conflict you have with someone at the moment. Write down the conflict situation*

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- ▶ *In the left-hand column, write down all the stories you are telling yourself about the person. All the feelings, thoughts, judgments, labels, conclusions that are running through your head.*
- ▶ *On the right-hand column write down all the Facts.*
- ▶ *These are observable, objective, specific actions and information.*

- Next, write down how your reactions, or actions (or inactions), might have contributed to the situation.

*LEFT-HAND SIDE*      *RIGHT-HAND SIDE REACTION*


*YOU MAY HAVE FOUND OUT YOU MADE SOME ASSUMPTIONS*



- ▶ *Step 1: Get Agreement That There Is A Problem & It Needs Addressing*
- ▶ *Step 2: Conceptualize what the situation would be like without the problem*
- ▶ *3: Seek Understanding of the underlying factors of the situation*
- ▶ *Step Four: Reach Agreement*

*Write down what you agree on as the problem*

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*Write down what life would be without the problem*

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*Write what you understand and want to change*

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*Come to an agreement and settle the matter*

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*TRAITS WE SHOULD DEVELOP TO BE PEACEMAKERS*

- *love and work*



◦ *courage*

- *compassion*
- *Resilience*
- *creativity*
- *curiosity*
- *integrity*
- *self-knowledge*
- *moderation*
- *self-control and*
- *wisdom*



*LET'S COOPERATE*

*READ THE BOOK THE ADVENTUROUS OF DOONEY THE  
DONKEY WITH CURIOUS JAY UNDERSTANDING  
FEELINGS FOR MORE TIPS ON HOW TO SOLVE  
CONFLICTS..*