

CONFLICT

REAL TEEN ISSUES

CITYREACH | CEDAR CARE CENTRE



**DON'T YOU
HATE THAT
AWFUL
TENSION AND
HEAVINESS
YOU FEEL
WHEN YOU
HAVE HAD A
CONVERSATION
WITH SOMEONE
THAT WENT
AWFULLY
WRONG.**

.....

Thinking it through.....

Whether we are hurt, angry or embarrassed, it is helpful to think through what happened and to consider the best way to respond. You can start by answering the following questions:

- **Was the disagreement about different preferences** – for example one person likes to play basketball just for fun and others want to keep score and play by the rules.
- **Was it about different views** – in your thinking the lost book should be replaced by the person who lost it but the other person does not.
- **Or was it an unkind action that seemed unprovoked**

What to do....

- Resist the urge to vent your frustration about the person who hurt you to your friends – it only does more damage.
- Accept that we can't change people and sometimes we need to accept differences.
- Ask yourself if there was anything that you did to fuel the argument.
- Remembering that you sometimes blow it, consider overlooking the other person's offense especially if it was small.
- When you calm down, think about having a chat to sort out the problem.

A Helpful Conversation:

- Start with something positive like “I want us to be friends, so what happened yesterday bothered me. Have I done something to hurt you?”
- Calmly tell the other person what is bothering you without accusing them. Perhaps say: “I felt hurt when you said
- Listen well to their explanation or excuse and be willing to accept any fault of your own and apologise.
- Avoid arguing. People do not easily admit their faults but the fact that you pointed out how you felt about what they did may help them to change anyway.

- Try to work out a solution for the future that you both can live with.

GET HELP IF NECESSARY.....

Because not all conflicts are simple, or if you have found yourself getting into a lot of them, it may be a good idea to get some help and book in to have a chat with one of the CityReach Cedar Counsellors.

You could also pick up a Booklet on CONFLICT from either

- the CEDAR Care Centre Waiting Area
- the CITYREACH Reception Desk



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