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GOALS AND OBJECTIVES

Upon successful completion of the course *Conflict Resolution for Recovery and Relapse Prevention*, you should be able to

- Be more thoughtful about reactions to conflict
- Demonstrate a strengthened impulse control when faced with conflict

Specifically, you will learn about:

- Conflict resolution and communication skills
- Healthy types of communication
- Stages of relationships and how they relate to conflict
- How to use and understand the conflict mode instrument
- Relate conflict styles of family of origin issues
- Effective styles of conflict resolution
- Tips to more effective and healthier communication



CLASS GROUND RULES

1.	Be on time
2.	If you cannot come: a. Call b. Get your homework assignments c. Make up your session
3.	Listen and do not interrupt
4.	Show respect for your facilitator and classmates
5.	Keep others' personal information shared in class discussions confidential
6.	Keep an open mind
7.	Validate others' opinions, even if you do not agree with them
8.	Do your homework
9.	
10.	
11.	
12.	



LIMBIC SYSTEM

**Absolute – Centered
Reptilian Brain**



**But!!
Could
You better**

**How??
No!**

**Shut Up!
Should
Always**

Fight/Flight System

**Don't you ever
Won't
Never do that
again
Don't**



THE CORTEX

Creative - Centered



**I believe
Consider
Stand still and back up
the train
Have you
thought/believed/felt**

**Often
I would like
Yes!
Thank you!**

**I wonder
Let's discover
Is it possible
Could it be**



ANGER SCALE

So, this is the time to gauge how your anger really affects your behavior. Please be brutally honest. Real honesty will get real results. Depending on which best mirrors your behavior, answer true or false to each statement.

1. Most often, I do not let others see my anger. When I do, I really show it and my behavior gets harsh. **True False**
2. When I think of the terrible things that other people have done to me, I still get really “pissed.” **True False**
3. When I have to wait for other people, whether in traffic, in lines, or otherwise, I get really impatient. **True False**
4. I get “pissed off” very quickly. **True False**
5. I can get really angry and bitter with people who are close to me. **True False**
6. At the end of the day, I go back over these things that really made me angry and it re-ignites my anger. **True False**
7. I try to make as sharp and cutting a response to the person who says something cutting or mean to me. **True False**
8. I choose not to forgive those who have hurt me. **True False**
9. I really hate to lose my cool and when I do I feel ashamed. **True False**
10. I do not tolerate foolish people and I try to avoid them. **True False**
11. When something really angers me, I feel it in my body with physical symptoms, such as quickened pulse, rapid heart rate, upset stomach, or headache. **True False**
12. I have been betrayed by people who were supposed to be close to me, making me push them away. **True False**
13. I get really angry when things do not go as I think they should. **True False**
14. I obsess on my anger or bad things that happen to me and the people who have done them. **True False**



CONFLICT RESOLUTION FOR RECOVERY





-
15. I have spoken out so angrily in my frustration that I don't remember exactly what I said or the tone I used. **True False**
16. I push down my angry feeling over and over until I blow like Mount St. Helens. **True False**
17. I really hate to argue or fight. **True False**
18. I have been reprimanded at work due to my anger. **True False**
19. I have heard from my family and/or friends that I should control my anger. **True False**
20. I have said things in anger that I regretted later. **True False**
21. I have lost a relationship due to my anger. **True False**
22. I have intimidated people due to my anger. **True False**
23. In my angry frustration or hurt, I have comforted myself by eating or using alcohol or other drugs. **True False**
24. I don't get even, I get back more. **True False**
25. When I get really mad at someone, I just try to avoid them. **True False**
26. I have become physically violent—throwing things, pushing someone, or even hitting someone. **True False**
27. Sometimes, I get so angry I could kill. **True False**
28. I have felt like hurting myself. **True False**
29. I know I need help with my anger. **True False**
30. I feel better when I can get angry. **True False**
- If you answered “True” to 15 or more statements, it is time to get some help for your anger.
 - If you answered “True” to 14 statements or fewer, you still have some things to learn about conflict resolution. Hang in there and learn what will help you.
 - If you answered “True” to statements 25–30, then you need to receive more intense counseling.



RESPONSE LOG—WEEK ____

Each week, be aware of the instinctual words and phrases you use. The goal is to change the words to deliberate ones. It is great to catch yourself in “mid-blame” and start over again, using deliberate words.

Words and Phrases	
 Instinctual	 Deliberate

In what ways do I build relationships?

This is a change for me. In the past, I have
