

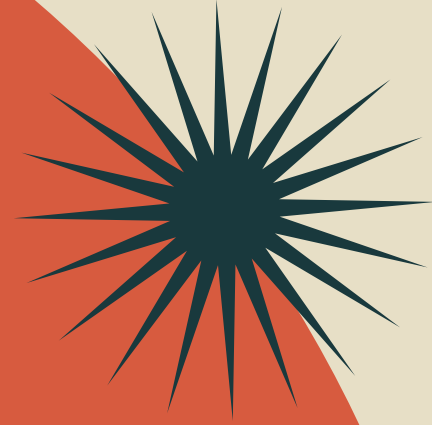


Communicate What You Need

ACTIVE CONFLICT RESOLUTION: LESSON 2



Calmly raise the the issue of concern with your coparent, and propose a mutually beneficial resolution.



Conflict
isn't
inherently
bad.

If handled
properly, it can be
very healthy.

There is
nothing to gain
by making
personal
attacks or
questioning
their
intentions.



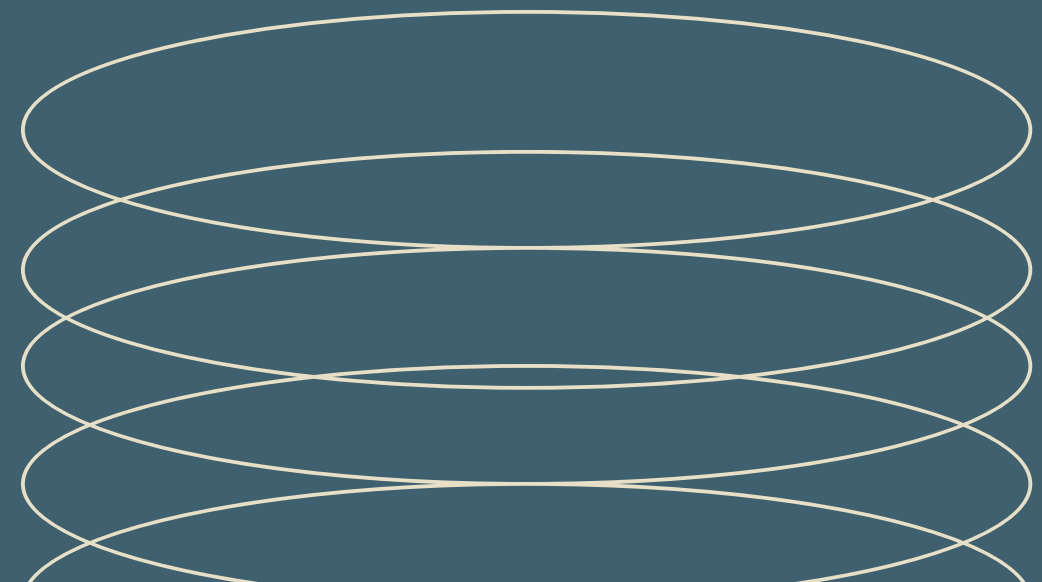
Keep the
communication
directly
between you &
your coparent.

Avoid "us versus them"



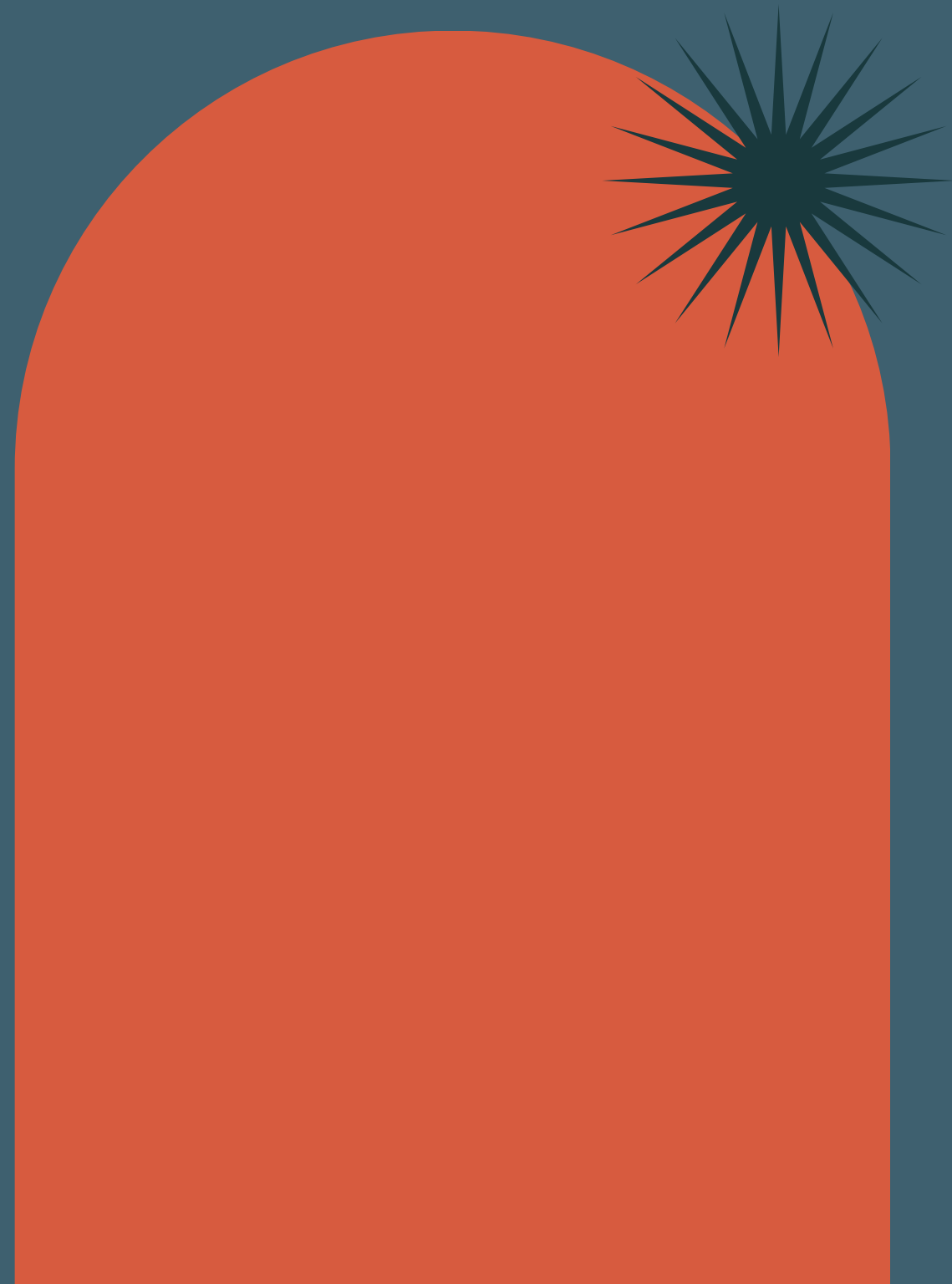
Avoid a "you versus me" dynamic.

Make it a "we" situation!





Lead with
kindness, grace &
vulnerability.



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