

# What's upsetting you and why?

ACTIVE CONFLICT RESOLUTION: LESSON 1



Not all conflicts are avoidable,  
but many conflicts are  
unnecessary



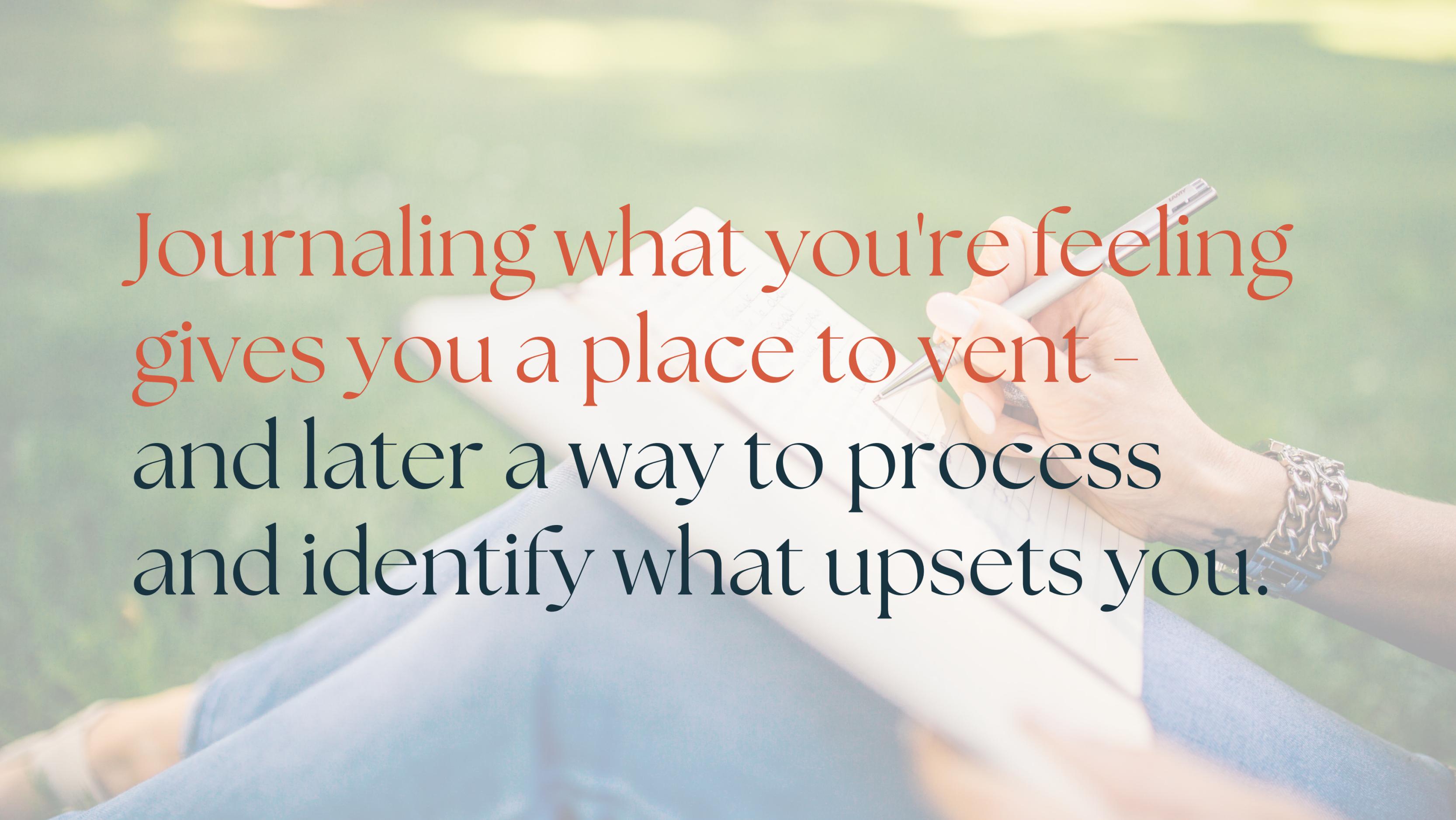
Identify  
what  
upsets  
you...

...and why?

There may be  
multiple layers  
to what you're  
feeling...

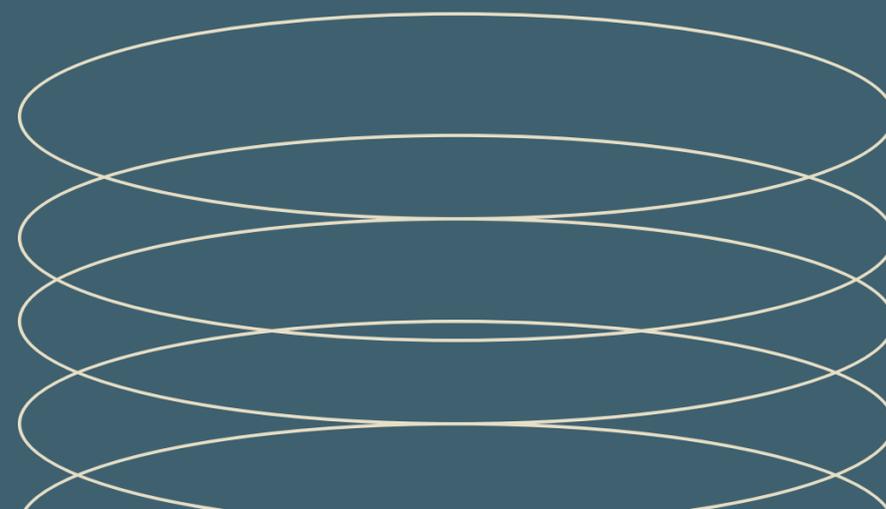
...based on your history  
with your coparent



A close-up photograph of a person's hands writing in a white journal. The person is wearing a blue long-sleeved shirt and a silver chain-link bracelet on their left wrist. They are holding a silver pen. The background is a soft-focus green landscape, suggesting an outdoor setting. The text is overlaid on the image, with the first part in red and the rest in dark blue.

Journaling what you're feeling  
gives you a place to vent -  
and later a way to process  
and identify what upsets you.

Apply these tools to recognize triggering situations early on.





*Apply these tools to recognize triggering situations early on.*



Give  
yourself a  
reality  
check -

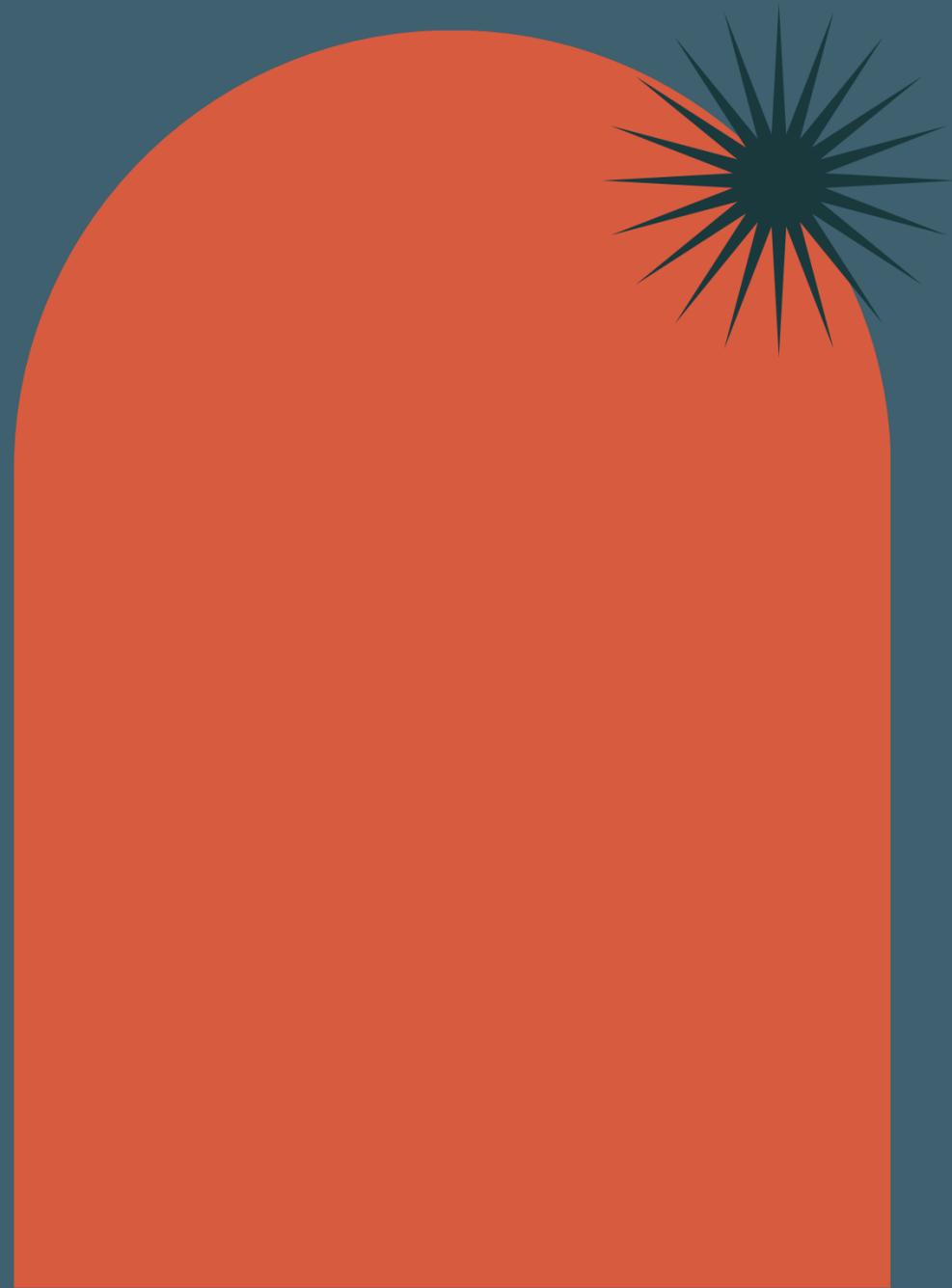
What else  
could be  
true?



These possible scenarios  
disrupt negative looping in  
*your mind + focus your energy*  
on thoughts that can  
deescalate the situation



Giving your coparent the benefit of the doubt is a gift you give yourself + your child



**coparent**  
ACADEMY

[coparentacademy.com](http://coparentacademy.com)