

## Conflict

The goal of any conversation:

When you enter a conflict or realize a conflict is beginning, the first question to ask yourself is :

1.
  - a.
  - b.
  - c.

Excuses which take us out of this posture:

Most of the time within conflict there is an “and.”

When we move into the “fight or flight” mode, our brain shuts down and we see less. We need to do things that actually increase what we are seeing.

I Statements: