

Summary of Lesson 5: Navigating Conflict

Key Takeaway:

The next time you feel a disagreement heating up, remember to *pause to regain control and then choose how to respond*.

Insight 1: Fight or Flight

Conflict can activate our brain's ancient threat response, making it hard to think clearly or stay in control. Depending on who we are, that could be:

- **Fight:** Push back and escalate
- **Flight:** Withdraw or leave the situation
- **Freeze:** Shut down or become unresponsive
- **Fawn:** Try to appease the other person to avoid tension



Insight 2: Slow Down and Pause

Taking a **slow, deep breath** helps calm your nervous system and gives your rational brain time to re-engage.

Insight 3: Respond Rather Than React

- **Consider the other perspective** – What else might be going on for this person?
- **Uncover what's really at stake** – What fears, unmet needs, or values are they expressing beneath their argument?
- **Looping** – Restate in your own words, check for accuracy, let them clarify.
- **Address the issue** – Name the concern, use objective language, use I-statements, and invite understanding.

