AGREEING TO DISAGREE THEN MOVING ON

Take a moment to reflect on a recent issue you've had with someone you care about. Be open and honest with yourself about the role you played in the disagreement. If you were given another opportunity to resolve the tension between you and this person, how would you behave differently?



would you behave differently? Looking back on my conflict in my relationship with: What was I feeling? What happened? How did I behave?

How do I f	eel now about everything that happened?
Wha	can I do to resolve these feelings?
What	have I learned from this experience?
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