

Week 5 Homework

Homework Part I: Identify some conflict triggers

What are the things that put you in a state of **INTERNAL** conflict (a state of internal stress, worry, indecision...)?

What are the things that put you in a state of **EXTERNAL** conflict (willing to take a stand, fight or flight, focus on the other person instead of yourself...)?

Thinking of the person that you “butt heads” with the most; what does **THAT PERSON DO** that triggers a negative reaction or feeling for **you**?

Thinking of the person that you “butt heads” with the most; what do **YOU DO** that triggers a negative reaction or feeling in **that person**?

Homework Part II: Complete the SDI