



S.A.V.E. Conflict Management HOW TO TALK IT OUT

- Step One: **STOP! COOL OFF!**
(Give your Brain Time to Think!)
- Step Two: **TAKE TURNS TALKING AND LISTENING TO EACH OTHER.**
(Treat Each Other With Respect.)
- Step Three: **FIND OUT HOW YOU BOTH FEEL AND WHAT YOU BOTH NEED.**
(Start with "I need...".)
- Step Four: **BRAINSTORM POSSIBLE SOLUTIONS.**
(What might each of you do so that you both get what you need and want?)
- Step Five: **CHOOSE THE IDEA YOU BOTH LIKE BEST.**
- Step Six: **MAKE A PLAN TO MAKE IT WORK. GO FOR IT!**
(It will only work if both of you want it to!)

IF YOUR SOLUTION DOESN'T WORK OUT, COME BACK AND TRY AGAIN! TALK ABOUT WHAT DIDN'T WORK.