

## **Last Group – Healing Harmony – Conflict Management**

Let's see how much you've learned in this group.

Impulsively reacting to someone's rudeness is (circle):

- \* Passive   \*Passive Aggressive   \* Aggressive   \* Assertive

Responding to another person with the statement:

"I feel disrespected when you ignore me." Circle the type of response this is:

- \* Passive   \*Passive Aggressive   \* Aggressive   \* Assertive

### **Scenario:**

Sally and Steve have been together for 5 years and have 3 kids together.

They live with Steve's mother in a small 3 bedroom home. Also living there are a sister of Steve's and her partner and 4 kids. Steve and Sally have one bedroom, his sister and her family has another, and Steve's mother has another. Everyone is expected to do buy their own groceries and do their own cooking. Sally bought some pork chops on pay day, and put them in the freezer. She thought that she might grill them on the weekend. The next day, when Sally was gone to class, Steve's sister grabbed the pork chops and cooked them up for her family. Sally came home from her class and saw them eating pork chops. Nobody said anything.

### **Question:**

- What's going on here?
- What's going to happen here?
- How would YOU handle the situation?

**Ticket:**

Welcomed clients to Healing Harmony – Conflict Management Group and opened session with the Serenity Prayer. Then group looked at a scenario and analyzed it for factual content, assumptions, possible feeling, boundaries, reactions vs. responding, following the house rules, etc. Each member had a slightly different perspective on what was happening in the scenario. Very good group discussion and learning from each others perspective.

**Plan:**

- Continue encouraging assertive style of communication.
- Begin discussion on co-dependence.

**Individual:**

active in sharing with peers and willing to share experiences and personal perspectives.