

Conflict Management Group

Group 11 Practice Practice Practice!

To get really good with conflict management or dealing with difficult people, difficult issues, difficult differences, etc. we MUST

PRACTICE PRACTICE PRACTICE!!!

Story: You and your partner are up at HonDah at a party. You've both been looking forward to this party for a long time. Both you and your partner are trying very hard to support each other in sobriety, but it's very hard. There is an open bar at the party and lots of great food! A lot of your friends are there. You are really happy to be there.

All of a sudden, your old "flame" comes in the door with your best friend. You didn't know they were going to be there tonight. Your best friend comes up and talks with you (along with your old "flame".) Your "old flame" is really really looking good. You look!

As the night goes on, you dance with your "old flame" and it starts feeling like a "new flame." Your partner starts to notice you "looking" and gets mad. You get mad back and you both are just MAD.

You stop at the C-Store and pick up a large Mr. Bartons and a 12 pack of NI. All the way home you argue. The situation gets rough.

Next morning:

- How do you feel?
- What do you do?
- What do you say?
- Is there "blame" in this story?
- Is there any "passive : behavior in this story?
- Is there any "aggressive" behavior in this story?
- Is there any "passive aggressive" behavior in this story?
- Is there any "assertive" behavior in this story?

Ticket

Welcomed Healing Harmony - Conflict Management group this morning and opened session with the Serenity Prayer. Whole group today worked on role playing and practice of positive communication and listening skills. Group role played a scenario in dialing with a situation (not unusual) in which client and his/her partner were at a dance and he/she saw an ex. The stress of the situation was evident. Group members encouraged to integrate what they have learned about diffusing conflict, positive and assertive communication skills, and positive and respectful boundaries. Good groups and they enjoyed the role playing.

Plan:

- Continue encouraging self awareness and emotional management of feelings.
- Continue role playing to solidify new conflict management skill development.

Individual Note:

actively participated with peers in the role playing exercise and demonstrated new skill acquisition.