



Date/Time	What has been happening? What led to this conflict?	What did the other person say/do?	What did I say/do?	How am I feeling? What was/am I thinking? What am I really wanting to change/to happen?	What did I do as a result of this conflict? How was the conflict resolved/not resolved?
1					
2					
3					
4					
5					
6					
7					