



Onionhead Conflict Resolution Boards



Conflict Resolution Boards

Happiness is not the absence of problems but the wherewithal to deal with them knowledgeably, responsibly, caringly and effectively.

Name it - Claim it - Tame it - Aim it

No matter how old we are, our happiness and success are based on our ability to deal with problems in a compassionate and mindful way. When we realize that nothing has to go right in order for us to feel good, we are free to live a truly empowered and happy life. By appropriately identifying and expressing our feelings, we increase our ability to create an incredibly abundant life.

Name it

Think of a person or situation you are wrestling with. Pick one board from the Conflict Resolution Set. The three negative emotions are your real feelings in relationship to the situation. The three positive emotions are the solutions to the problem. Document them.

Claim it

Do not resist the negative emotion. Embrace it as a teaching moment to better understand yourself. There is no shame in having negative feelings, it is how we handle them that shames us. When we come to embrace all of our feelings, we then stop blaming others. Claim - no shame - no blame! Go to the Feeling Dictionary to have a better knowledge of these emotions.

Tame it

The more we understand and accept our own feelings, the calmer and stronger we begin to feel. We come to realize that our negative emotions can be our most masterful teachers. As example: more good foundations have been started because someone got angry enough to do something about an injustice.

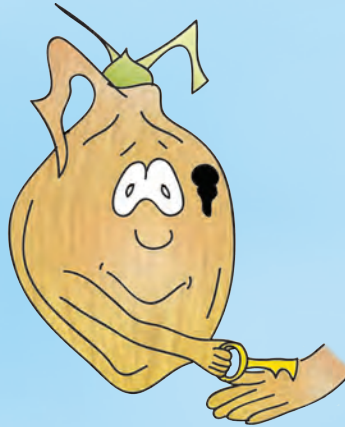
Aim it

The positive feelings on the board lead us to the conflict resolution. They are the path to solving the problem. Using the three positive feelings, write out a plan of action for resolving the conflict. Consider this a binding contract with yourself. Go to the Feeling Dictionary to have a better knowledge of these emotions.

Get involved - get resolved - get the problem solved - become evolved. So simple.



violent



trusting



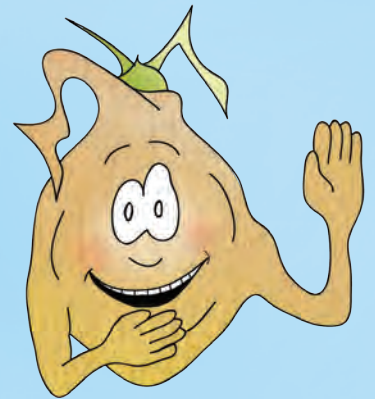
controlling



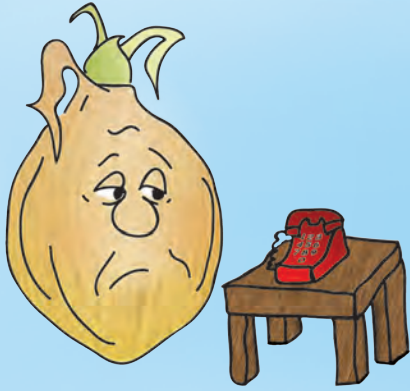
nurtured



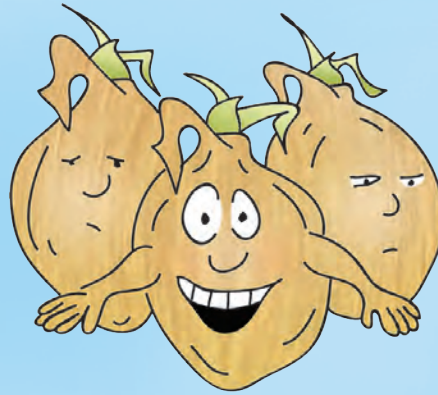
rejected



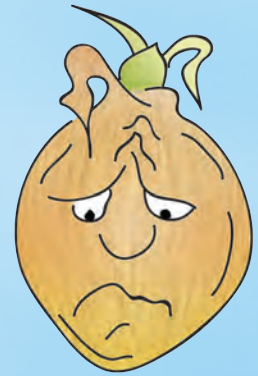
honest



lonely



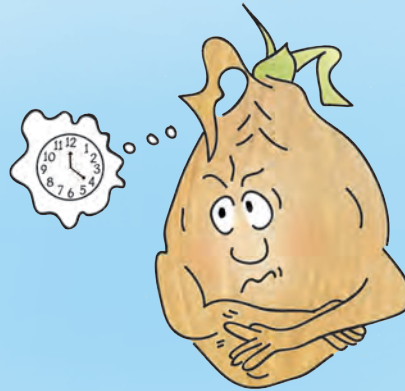
optimistic



disappointed



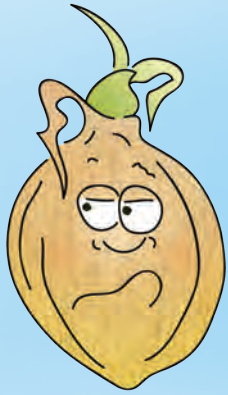
proud



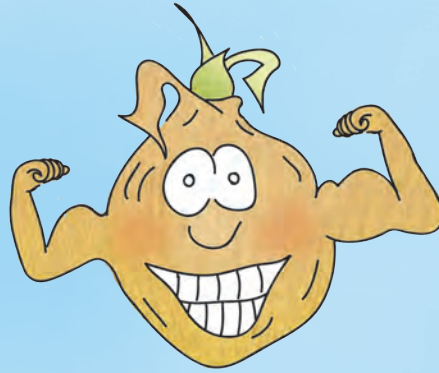
impatient



grateful



ungrateful



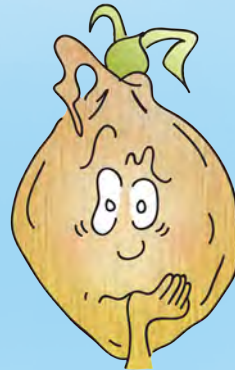
powerful



Cowardly



accepted



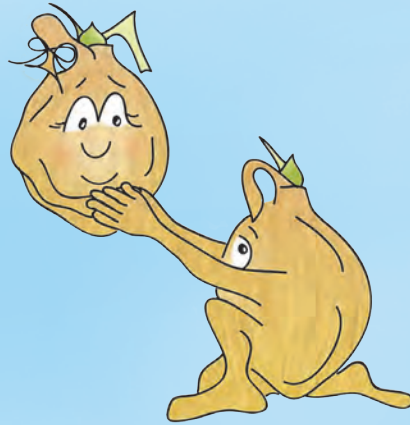
Confused



humble



guilty



cherished



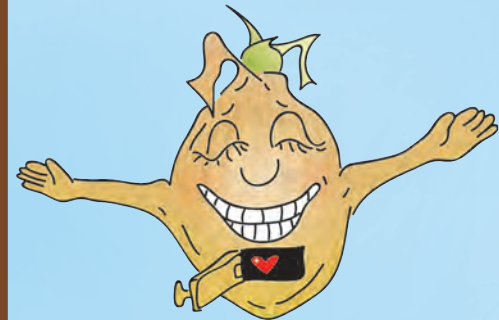
stubborn



peaceful



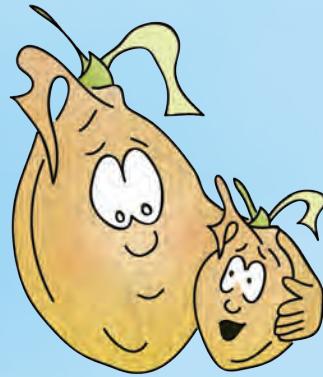
helpless



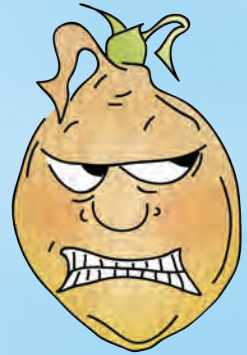
loved



grieving



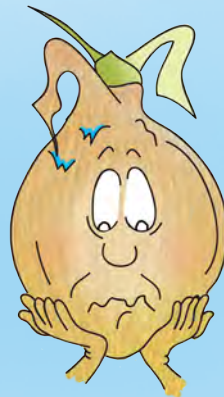
understanding



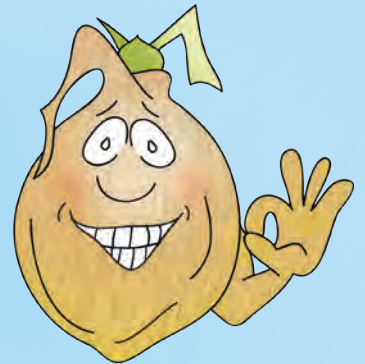
cruel



willing



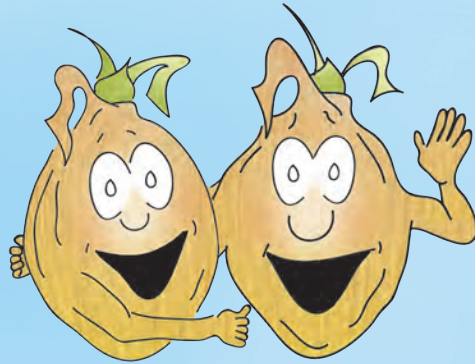
hopeless



fulfilled



arrogant



embracing



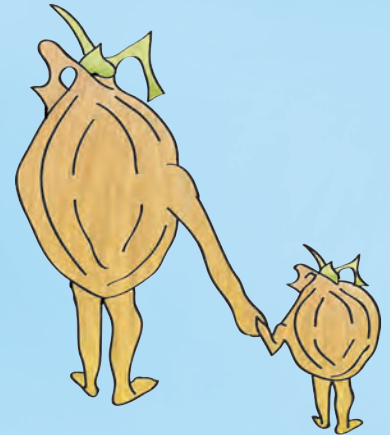
irresponsible



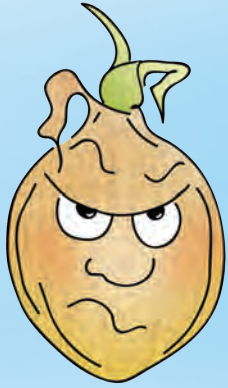
safe



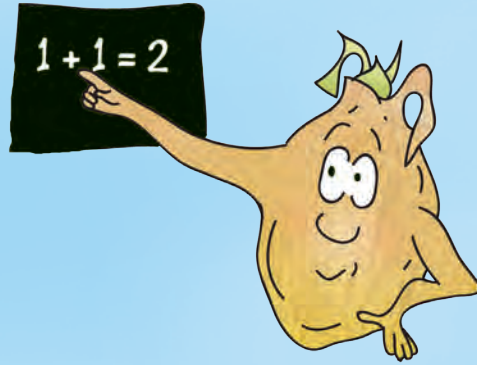
pessimistic



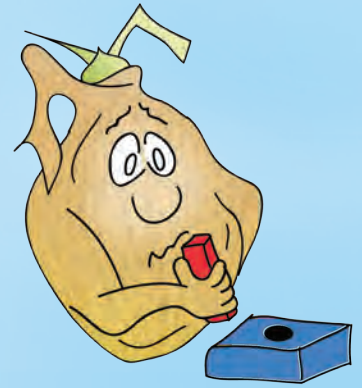
responsible



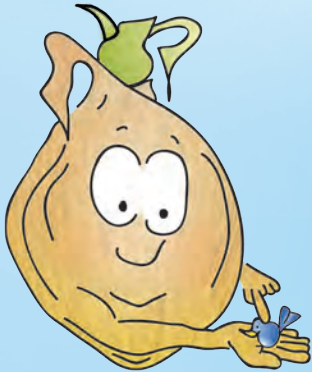
angry



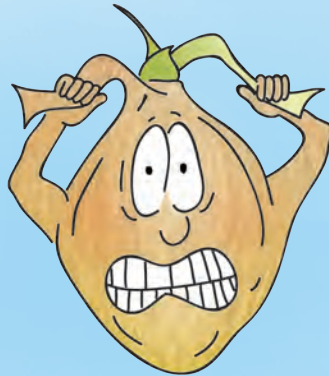
clear



ignorant



kind



frustrated



patient



humiliated



joyful



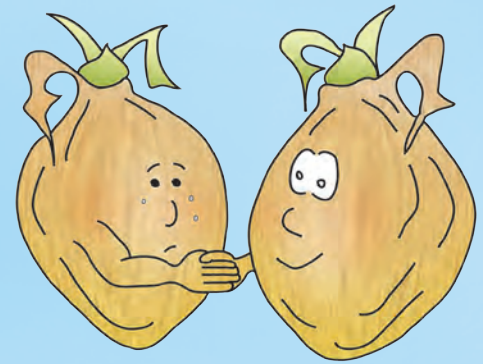
burdened



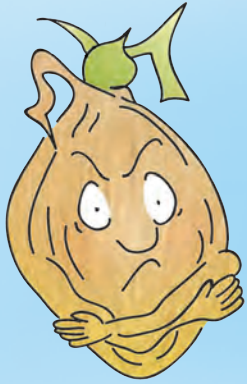
generous



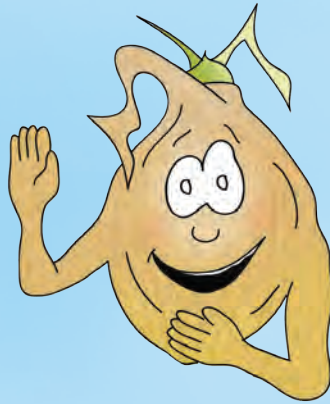
abandoned



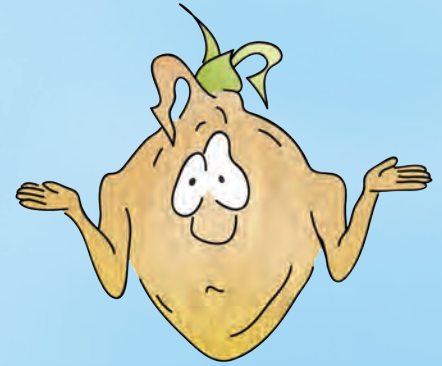
forgiving



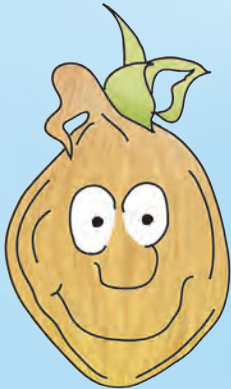
jealous



loyal



doubting



guiltless



fearful



uplifted



selfish



Courageous



judging



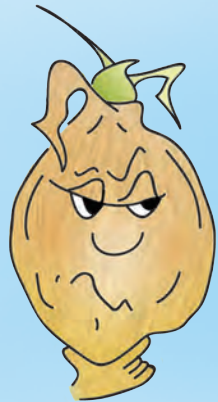
allowing



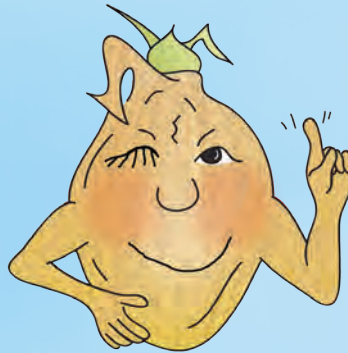
resentful



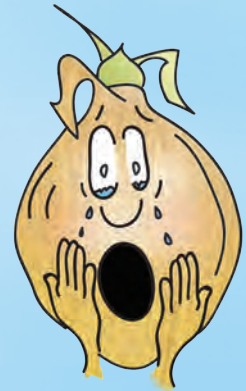
excited



deceptive



hopeful



betrayed



wise



ambivalent



delighted



depressed



serene



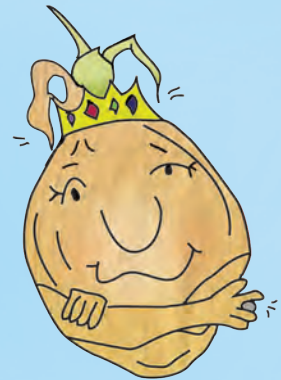
abused



committed



ashamed



honored