

Work It Through: Conflict With a Friend



“A good friend and you got into a heated argument. Your friend is no longer speaking to you.”

1. What is within your control? What is not within your control?
2. What is the worst that could happen and do I have evidence of this?
3. What is the probability of that actually happening? (High, Medium, Low)
4. If the worst happens, what will you do?
5. What will probably happen?
6. Explain in a positive way, how the situation should probably be handled and what the thoughts should be:
7. Once you have your plan in place, decide on the best calming strategies to use.