



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 30 Action Guide: Values Based Conflict

Engaging in conflict with curiosity is taking a step back and noticing the value we hold that the other person may not. Then, exploring if there is a value that they have that we may not be honoring. It's as simple as being curious about what's important here that we might not be seeing or understanding.

What's important to you that isn't being honored at work?

What's important to you that isn't being honored in a specific relationship?

What's important to you that you are not choosing to honor within yourself?



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Get curious about the value the other person holds, that you may not be honoring, and ask them this simple question: “What’s important to you about _____ (the conflict dynamic)?”

You don’t have to share someone’s value to choose to honor it. What is one way you can choose to honor their value or collaborate on a win-win alternative?

What request do you need to make so they have opportunity to honor your value?