

# Solving Conflicts AND Adult Bullies

## Teen & Adult Student Life Skills Packet

“Seek to understand, NOT to be understood”



*Do you ever feel hurt? Frustrated? Angry?*

You're not alone. Conflict is a part of everyday life. But if we don't handle conflicts appropriately, it can lead to hurt feelings, lost friendships, and it can damage relationships and marriages. We can practice our listening and problem solving skills to help us stay calm and resolve our differences.

It is important that, as martial artists, we remember that the strongest weapon we have is our BRAIN!

Also, bullying is considered a childhood issue, but we all know that many don't outgrow this behavior. We'll also address how to navigate recurring problems we have with specific behaviors and specific people.

# Silver merit stripe

DUE THE WEEK OF Monday, November 15th

## Active listening

In order to understand, you first have to listen to what the other person has to say about their feelings. Try to put yourself in the other person's shoes so you can see their point of view. Take turns listening to each other. You should also repeat what you have heard to make sure you understand. **DON'T INTERRUPT!**

- ★ Practice your listening skills. Set the timer for :30 seconds and take turns talking (without interrupting). What happened? (**Write it here**)

## Say how you feel, NOT what they did!

Tell them how you feel about what happened. The challenge is to NOT use the word "YOU" at all, unless it's in the form of a question. Only use "I" statements. Then ask them if they were trying to make you feel the way you do now. It's usually a lack of communication or at worst, unintentional.

- ★ Example (**Write it here**)

## Control yourself

It's hard to keep your voice down when you are upset. But talk quietly. Pay attention to your body. Elevated pulse, breathing, adrenaline rush... **WARNING!!!** You are about to be out of control of what you say or do. Learn how to walk away and take a time out in a principled manner.

- ★ Example (**Write it here**)

## BULLIES

### Prepare yourself ahead of time for these people - "mushin" calm, focused and ready!

Bullying is ALWAYS repetitive and intentional. If not, it's simply an argument. Keeping this in mind, you can usually prepare ahead of time with word blocks, avoidance etc

- ★ Example (**Write it here**)

## Be an advocate!

Bullies need encouragement or at least "silent accomplices." do not allow them to have these. If you see or hear it happening, step in by getting there first, redirecting, getting assistance, or taking charge!

- ★ Example (**Write it here**)

I am practicing resolving conflicts at home (circle one)    Excellent    Good    Fair    Needs Improvement

Other Comments:

Signature \_\_\_\_\_ Date \_\_\_\_\_

Student's Name \_\_\_\_\_ Parent if a teen \_\_\_\_\_

# Bronze Merit Stripe

Students will earn a bronze merit stripe on their belt for demonstrating the cycle's life skill and showing Black Belt effort away from the martial arts studio. Thank you for taking time to help this person improve as a well-rounded martial artist and student!

I am learning more about how to Resolve Conflicts and dealing with Adult bullies through my Martial Arts program. Please grade me on the following:

Student's Name \_\_\_\_\_

Grades(work ethic)    Excellent    Good    Fair    Needs Improvement

patience                    Excellent    Good    Fair    Needs Improvement

Listening                    Excellent    Good    Fair    Needs Improvement

Self control                Excellent    Good    Fair    Needs Improvement

empathy                    Excellent    Good    Fair    Needs Improvement

**Resolving conflicts**    Excellent    Good    Fair    Needs Improvement

**Bully wrangling**        Excellent    Good    Fair    Needs Improvement

Comments:

I have read the above and confirm the above named student is performing satisfactorily at resolving conflicts.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Relationship to this student: \_\_\_\_\_

**DUE THE WEEK OF Monday, November 29th**