

## Description\_for\_THE\_CONFLICT\_CYCLE\_AND\_HOW\_TO\_STOP\_IT

### THE CONFLICT CYCLE AND HOW TO STOP IT

In this workshop participants explore the importance and power of the Conflict Cycle. They learn the cyclical nature of conflict and how the way a person perceives, thinks, and feels is manifested in their behavior and evokes a response from the adult/peer which begins a cycle of escalation. Participants learn that a person in stress can create their feelings in others. If unaware of these dynamics, adults can unwittingly be drawn into power struggles in which there are no winners. Participants will be given strategies to avoid the conflict cycle with others which include understanding levels of insults and if they get into the cycle, strategies to help them get out of it.