

# Reflecting on What Conflict Feels Like

Is there someone in your life who you frequently have conflict with? Who is that person? What is your relationship with them (spouse, friend, relative, boss, colleague, or other)?

When you are about to spend time with that person, do you go into it open and ready to connect? Or do you go into it feeling guarded and ready to defend yourself?

Imagine you are about to spend time with this person.

- Describe how you feel in your body.

- What thoughts might you be having about how your time with this person will go?
- What emotions might you be feeling?
- Do you have any assumptions about how they might interact with you? How might these thoughts, feelings, and assumptions impact the type of interactions and the relationship you have with this person?