

Questions for Reflection: Conflict

No healthy person enjoys conflict, but it is part of the human experience. Next time you find yourself in (or affected by) conflict, here are some self-reflection questions to help you navigate it.

Who are the active and passive participants in this conflict?

What is this conflict *really* about?

What insight does [family systems theory](#) provide about the dynamics at play?

What are the possible outcomes of this conflict?

What does my role need to be (if any) in resolving the conflict or managing the potentially damaging outcomes?

Where can I find the courage to own my part (if any) in the conflict? How do I step back if this is not my conflict?

How can I resource the people involved to “do” conflict well?

How can the passions in play be redirected more productively?

How do I let go – and help others do the same – when the people involved don’t want to work together toward resolution?

How am I managing my own anxiety?

What support do I need, and where can I find it?

Remember, conflict isn’t necessarily a bad thing. It means that there is energy in the system, which is much easier than apathy to channel for a positive purpose.



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