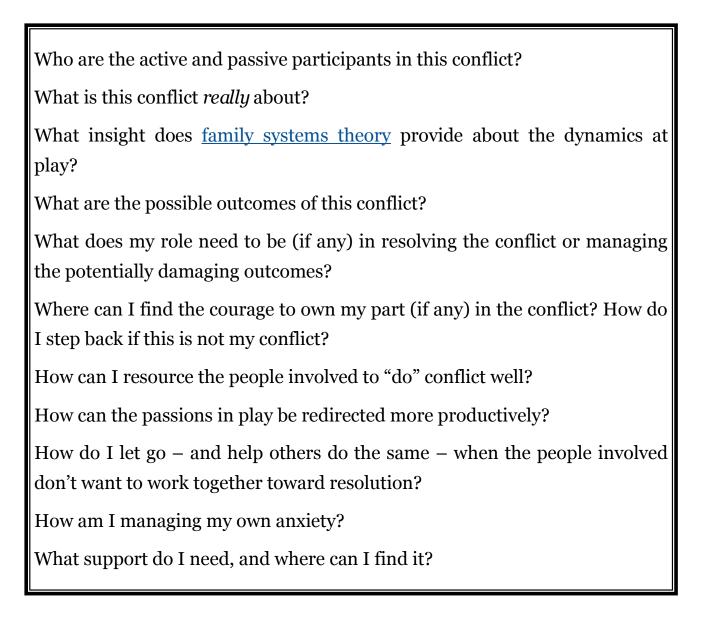
## **Questions for Reflection: Conflict**

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.



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.

