

**Handout :**  
**Someone Yelling at you?**

**Prepare yourself to talk with a conflict partner**

There are several different options to prepare yourself to meet your conflict partner with an open heart. You might try the different options and find out what would best work for you personally:

1. Close your eyes and think of a situation when you had been really happy, relaxed, joyful. Imagine yourself being in this situation again – then think of your conflictpartner again and check if you feel different
2. Try to perceive your conflictpartner as a human being – guess which needs did she/he try to meet by acting in a way that you were / still are triggered and check if you feel different
3. You can also try to imagine how they might be feeling and which needs might or might not be met considering meeting you again? (Hint: very often they have the same (un)met needs as you have in this situation) and check if you feel different
4. Think of something your conflictpartner did some time back that enriched your life, that made you smile, that you enjoyed and check if you feel different