

Building Bridges Worksheet

Consider This

In situations of conflict or circumstances where people have different viewpoints, each person wants to be right or to “win”. However, most often when only one person “wins”, the other loses. This can create a wall between you and them.

Building bridges means we create the opportunity for a win-win in conflict. Some things to consider and questions to ask:

1. **Ask, “Why is this important to you?” Then explain why it’s important to YOU.**
2. **Ask yourself, “How can we both ‘win’?”. This is not the same as compromise which is often lose – lose. We both have to give up something in a compromise situation.**
3. **Focus on making sure that you understand and respect the other persons view/needs/values and respectfully agree to disagree or try to work TOGETHER on a solution**

Avoid creating walls, they are sometimes impossible to tear down!

