Conflict Template

Issue/challenge: _____

Form completed by: _____ Date: _____

Form in regard to conflict/issue with: _____

Background information:

_____

_____

_____

_____

_____

In the table below, state what was said or done, how it made you feel, your perspective of their motive, your needs to be able to move forward, and what you suggest are the next steps including expectations you would like to agree upon.

What Was Said or Done?	How Did You React? How Did it Make You Feel?	Why Did They Say or Do What Was Done? What Was Their Motive?	What Do You Need Going Forward?	Agreed-Upon Expectations, Next Steps:

Note: This template is an adaptation of the “left-hand column” exercise from *The Fifth Discipline* by Peter Senge

Copyright © 2012, 2026 www.alpinelink.com. All rights reserved.