



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 in the middle column that created the issue. For each item listed, state in the left hand column how it made you feel and/or what you thought. In the right hand column, state what you believe was the person's motive for saying what they said or doing what they did.

What you felt or thought:	What happened or was said:	What you think the motive was:
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____

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