



Find a Solution in 7 steps



Step 1: Red

Partner A uses “I feel” and “I want” statements to explain how they feel and what they want.



Step 2: Orange

Partner B summarizes what Partner A has just said.



Step 3: Yellow

Partner B uses “I feel” and “I want” statements to explain how they feel and what they want.



Step 4: Green

Partner A summarizes what Partner B has just said.



Step 5: Blue

Partner A shares a few ideas for resolving the conflict.



Step 6: Indigo

Partner B shares a few ideas for resolving the conflict.



Step 7: Violet

Together, both partners decide what to do next and how to resolve the conflict.