

Facilitation & Conflict Transformation

Module 1 - Homework

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Conflict Assessment - Part 1 (Self-Reflection)

Step 1: Choose 1-2 or the following controversial topics.

Notice how you feel as you read this list.

Pick an issue that you care about, but avoid choosing one that feels too spicy or hits too close to home.

- Abortion, Reproduction & Parenting Rights
- Artificial Intelligence & Jobs
- Censorship and Freedom of Speech
- Education & Schools
- Climate Change & Envir
- Foreign Aid
- Gun Control
- Drugs & Addiction
- Safety & Justice
- Election Access & Security
- Economy (Inflation, debt and the debt ceiling)

Step 2: Write your reflections about the issue using the following three prompts (and sub-questions).

Notes:

- *Use the sub-questions to guide your reflection. You don't need to answer all of them.*
- *You will be invited to share this at the next session, but no one will see what you write.*
- *You are welcome to write your answers in pen and paper if that works better for you.*
- *Use [this list of Feelings and Needs](#) as a reference for identifying why the issue is important to you. (We'll learn more about this list in module 2)*

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Prompt #1: Describe the conflict, issue or polarizing topic you'd like to explore:

- What is the conflict about? (try to describe it in a way that is neutral and objective)
- Who is involved in the conflict?
- What are people saying and doing? Who are they talking to?
- Are there just two sides or is there a range of perspectives?

Prompt #2: Describe your relationship to the conflict:

- How are you personally impacted by this conflict?
- What experiences have shaped your views?
- What role are you playing? What are you saying and doing?
- How do you feel about the conflict? (refer to feelings listed [here](#))
- Why do you think this issue is important to you? (hint: find unmet needs from [this list](#))
- What are you afraid might happen?
- If you had a magic wand, and everything is just as you wanted, what would it look like?

Prompt #3: Reflect on how well you understand the issue.

- How did you come to your understanding of the issue?
- What informs your perspective? How do you decide which information to trust?
- Where do you feel torn about the issue?
- Are there aspects of others' positions that make sense to you?
- What do you want the other side to understand about you?
- What do you want to understand about the other side?
- What questions do you still have about the issue?

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#2 Review the readings and resources for Module 1

[Module 1 Resources](#)

#3 Find Someone to Interview

The assignment after Module 2 will be to interview someone who has a different perspective on the issue than you (remember that this could be almost any adult human).

It could be a good idea to reach out to someone now to schedule the conversation. (between Oct 19 and Nov 2)

Suggested Talking Points for Outreach:

- Tell them about the course you're taking and why you want to talk to them.
- Tell them that you do not want to debate the issue, nor even discuss it. (If you want a discussion, it will be a different time.)
- The goal of the conversation will be to understand their perspective by practicing listening techniques that you're learning in the course.
- If you both want, they can give you feedback about your listening and confirm they believe that you understand them.