



UNDERLYING NEEDS WORKSHEET

Think of a conflict that you currently face at school, with a friend, sibling, etc. Ask yourself the following questions:

1. What are the sources of the conflict?

2. What are the positions of the people in the conflict?

Your position(s):

The other side's position(s):

3. What are the underlying interests and needs of the people in the conflict?

Your interests and needs:

The other side's interests and needs:



4. What are some strategies that can help you and the other side meet the above interests and needs?

5. (Optional) Share your responses with your partner and discuss other possibilities for positively resolving the situation.