Name

Conflict Fix-It Workshop Answer Key

Story 1 Sample:

What happened? I forgot Jordan's birthday after I said I'd come.

What did Jordan feel? Hurt, maybe unimportant or forgotten

What do I feel? Guilty, embarrassed

Apology: "I'm really sorry I didn't show up to your birthday. You matter to me, and I let you down."

How to make it right: Plan a time to celebrate with Jordan one-on-one, and make sure to remember important dates going forward.

Story 2 Sample:

What happened? I made a joke about Max in the group chat, and it embarrassed him.

What did Max feel? Embarrassed, hurt, maybe betrayed

What do I feel? Regretful, sorry

Apology: "I'm sorry for making that joke about you. I didn't think about how it would make you feel."

How to make it right: Apologize privately, and speak up if others make similar jokes in the future.

