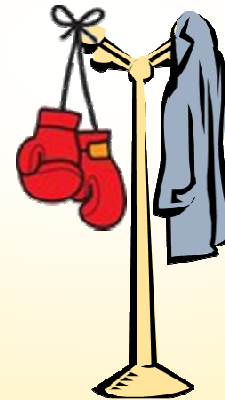


There are certain times throughout the year that may cause emotions to rise and conflict to emerge. **Though conflict is a normal part of life, sometimes it may present itself in an inappropriate setting.** It may be at a holiday gathering, board meeting, or something as simple as a face-to-face disagreement. The best way to ease this tension is to resolve it right then and there. *What if this is not possible or appropriate?* Addressing our emotions publically may hinder the progress of the uninvolved members of the conflict. We may never see eye-to-eye with others. We may have to agree to disagree. *What if our emotions are too high to speak with respect?* We can let it go... for now.

When we "let it go" it doesn't mean that we give in. We make the decision to hang the conflict up for now. Taking time to pause, we can break it down and attempt to remove ourselves from our emotions. We then revisit the conflict later when it may be more appropriate to have the conversation and more advantageous to finding a resolution. Letting it go means allowing ourselves the opportunity to find our sense of humor and reevaluate the positive aspects of a person or situation and not get bogged down focusing on only the negative.

## Let it go...let it go... LET IT GO...(for now)

*"Can I deal with this right now?"*



**Imagine... knowing when to fight the battle and when to let go.**

### — From Pondering to Practice —

#### **Activity**

Some events are likely to bring about conflict. Be prepared.

#### **Try This – Scenario Planning**

- With someone you trust, play out how you would approach different situations.
    - Work and re-work them if necessary.
  - Think through how you can deal with what might happen.
  - What are some things you can do to combat the conflict or get through it?
  - After the event, bring it back to the friend and work through what could have gone better.
  - Put a plan in place to try and avoid any missteps.
- Celebrate with your friend the things you did well!**

#### **Self Reflection**

- Is it worth the conflict?
- Why does the situation have to be a conflict?
- What are the consequences of attempting to resolve the conflict right away?
- Can you understand where the other person is coming from?
- What can you accept about the other person?
- Are there any boundaries that you have set up that others may have crossed over?
  - Are those boundaries real?
- What is the win-win for both people?

**"I love the man that can smile in trouble, that can gather strength from distress and grow brave by reflection."**

– Thomas Paine

If you like what you see and think it can help others — Great, pass it on!

This is a product of The Charmm'd Foundation.

The Charmm'd Foundation is a non-profit providing opportunities for adults to build a community culture of positive character through: self-reflection, learning and practicing social skills and building relationships. For more information visit our website at [www.charmmdfoundation.org](http://www.charmmdfoundation.org).