

# PERFORMANCE OBJECTIVES

## 5 STEPS OF THE CONFLICT CYCLE



- PROBLEM SITUATION
- THOUGHTS/FEELINGS
- ACTIONS
- CONSEQUENCES
- PROBLEM SITUATION WORSENS

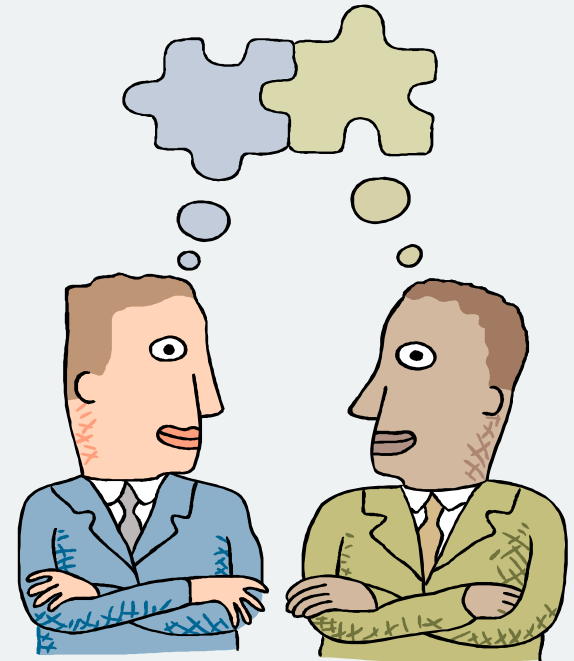
# ***STAGE 1: PROBLEM SITUATION***



**A PROBLEM STARTS  
FROM A DIFFICULT  
SITUATION THAT WE  
DON'T KNOW EXACTLY  
HOW TO HANDLE**

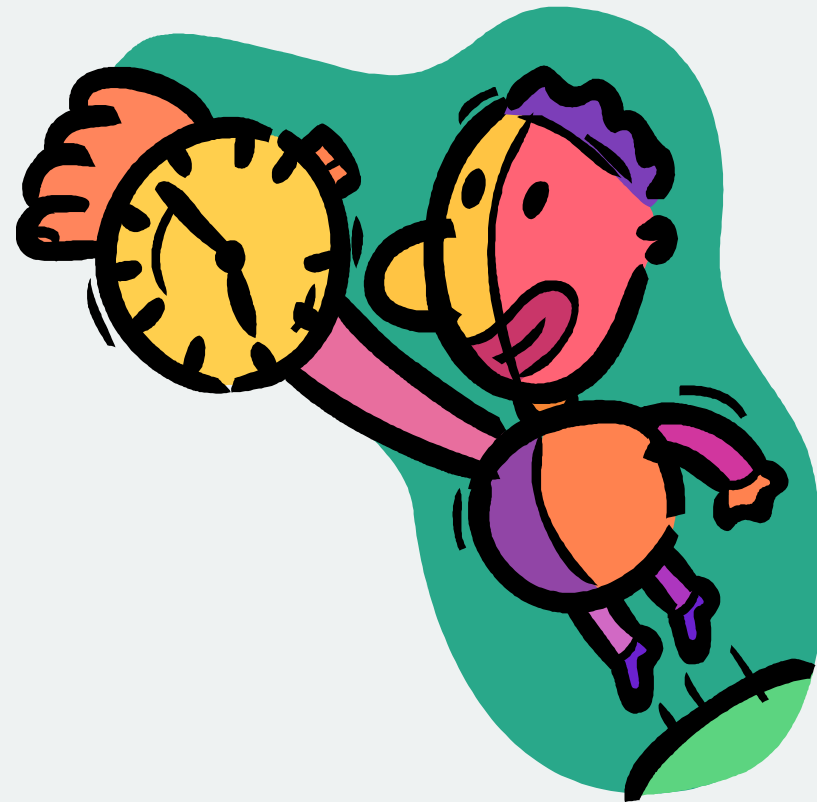
# ***STAGE 2: THOUGHTS & FEELINGS***

**THOUGHTS ARE YOUR  
INDIVIDUAL MENTAL  
RESPONSES TO A  
SITUATION**



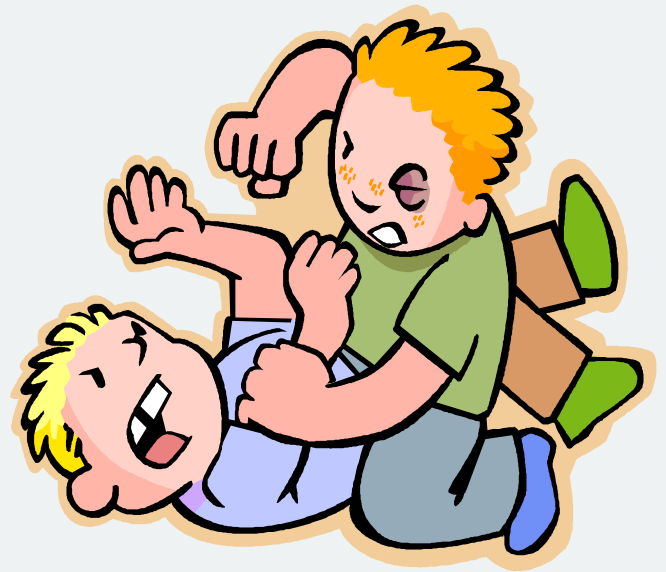
# ***STAGE 3: ACTIONS***

TAKING TIME TO  
THINK BEFORE WE  
ACT LEADS TO  
WELL THOUGHT  
OUT ACTIONS



# STAGE 4: CONSEQUENCES

**OTHERS REACT TO  
US AND IT IS  
USUALLY WHEN WE  
ACT IMPULSIVELY,  
WHICH RESULTS IN  
CONSEQUENCES**



## ***STAGE 5: PROBLEM SITUATION WORSENS***

IF THE PROBLEM ENDED LIKE THIS,  
MAYBE THINGS WOULDN'T HAVE  
BEEN SO BAD. BUT A LOT OF TIMES, A  
SITUATION CAN BUILD UP QUICKLY  
INTO A POWER STRUGGLE AND  
CAUSE AN OUT OF CONTROL CRISIS.

YOU KEEP THE POWER WHEN  
YOU CHOOSE NOT TO GIVE INTO  
THE POWER STRUGGLE OTHERS  
TRY TO PULL YOU INTO.

