

Conflict Cycle

S X V A L I D A T I N G F E E L I N G S T D F J
Y C E N B V P F I N E T K S G C K C V U P X U Y
N N V L Y R B X G I J D P Q Y W L H H Q Y X I O
Y O X D C T X N I V K N R B Z Y P A Q B O H A U
K I O U P Y I Z F E R I I O B S X N Z H U D D N
B T F E P N C K B F F U R F A S E G T N N B U G
A A P P E B S T V K A V O R E T S E U T G J L P
I U O T M C S K C Q G U A L Q G W E C N P O T E
W T S X V X L V U I M G F L X H D X H S E Z S R
Y I H D D K F H M J L I Z B S R D P O V R Z R S
L S E R E O S Y N X N F N J O T Z E I W S W E O
K L M C F J E B N T Q R N P C P K C C I O Y S N
F U I L P F H X E S E A E O B W T T E O N D P S
F F T L B T Y R E D S X F T C I S A S E S S O F
E S T R B Q E H I L P Z M R S E P T T P B A N E
S S J Z S S U R L E D U H P O Y S I P W E R S E
U E N R T O E U C U E Q H X N M V O I E H U E L
I R S P W C R T N F T K U A B F L N V W A E C I
K T Y O T K A C E X U T C U E O Y N Y Y V L E N
B S Z I Z T R P O S I T I V E A C T I V I T Y G
R B O T I P K L A T F L E S E V I T I S O P G S
X N Q O R N B V Y M W O N D C G P S I L U G G G
C G N E X Q H S D C L H T Q M B I E C N R K W I
T N E M N O R I V N E E H T G N I G A N A M R F

managing the environment
stressful situation
positive self talk
adults response
redirection
time

young persons behaviour
validating feelings
positive activity
conflict cycle
listening

young persons feelings
change expectation
drop expectation
self interest
choices