

EMPOWER

Building Resilience to Address Domestic Violence

2.1 Conflict Management and Resolution in Families



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Learning Outcomes

By completing this module, you will:

- Gain knowledge into conflict triggers in your family.
 - List triggers of conflict in your family.
- Plan to manage these triggers to mitigate conflict.



Role Play

Act out scenarios that cause conflict amongst your family members.



Conflict Triggers

- Conflict is part of every relationship.
- Conflict triggers are events or situations that cause conflict between two people.
- Common conflict triggers include;
 - Division of chores in the household;
 - Inappropriate spending of money;
 - Parental roles;
 - Intergenerational misunderstandings;
 - Hormones;
 - Technology;



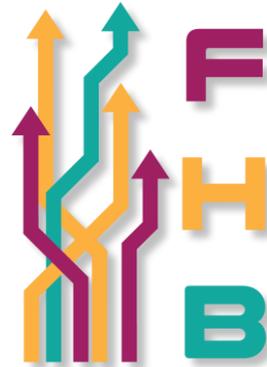
Activity

Using the activity sheet provided, identify scenarios that resulted in you feeling a range of emotions after having been triggered.



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