

Tools for Conflict

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Tools for Empowerment in Separation, Divorce and Beyond

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- **Pause:** Stop before escalation
- **Agree to Disagree:** You may have different opinions about the same issue
- **Set Boundaries:** Always be respectful
- **Shake it Off:** Breathe or move the body
- **Educate Yourself:** What's this really about?
- **Define Your Role:** How did I contribute?

“...[A]nd at the end, so much of it turns out not to matter.”— *from “Evening by Susan Minot”*