



Dispute Resolution Skills Worksheet using a **Faith-Based Framework**

Content Designed by Rev Janeen Steer for EWU

Introduction: Faith-based dispute resolution integrates religious or spiritual principles into the process of resolving conflicts. This worksheet, along with the accompanying video by Reverend Janeen Steer, provides a structured guide to reconciliation, emphasizing spiritual values, forgiveness, and mutual respect.

Step One: Identifying the Conflict

Describe the Rupture/Conflict *(What is the nature of the dispute? Who is involved? What events led to the rupture?)*

Impact of the Conflict: *(How has this conflict affected your relationship with others? How has it affected your relationship with God or your spiritual community?)*

Step Two: Spiritual Reflection

Prayer or Meditation: *(Take a moment to pray or meditate on the conflict. Ask for guidance, wisdom, and a peaceful resolution)*

Scriptural Reflection: *(Reflect on religious or spiritual texts that relate to conflict resolution, forgiveness, and reconciliation. **For Example:** "Blessed are the peacemakers, for they will be called children of God." (Matthew 5:9))*

Personal Reflection: *(How does this teaching apply to your situation?, How can you embody this principle in your approach to resolving the conflict?)*

Step Three: Self-Examination and Accountability

Personal Responsibility: *(Reflect on your role in the conflict. What actions or attitudes may have contributed to the dispute? Acknowledge and take responsibility. You can express regret without saying it was entirely your fault.)*

Seeking Forgiveness: *(Are there any actions or words for which you need to seek forgiveness?, Consider confessing your part in the conflict to God or a spiritual advisor.)*

Forgiving Others: *(Are you holding onto any resentment or anger? Reflect on the importance of forgiveness in your faith tradition. What steps can you take to genuinely forgive the other party?)*



Step 4: Communication and Reconciliation

Expressing Your Feelings: *(Write down your feelings about the conflict in a respectful and non-accusatory manner.)*

Listening to the Other Party: *(Commit to listening to the other person's perspective without interrupting or judging. Listen: Listen deeply to the other person to understand their perspective and the damage that was done., How does your faith guide you in understanding and empathizing with the other person's viewpoint?)*

Finding Common Ground: *(Identify shared values or beliefs that can serve as a foundation for resolving the conflict. Once finding common ground, express appreciation.)*

Step 5: Creating a Plan for Resolution-mend what was broken

Mutual Agreements: *(What agreements or compromises can you and the other party make to resolve the conflict?)*

Commitment to Reconciliation: *(Consider together how the rupture was co-created and explore a way forward in the relationship., How will you both commit to maintaining peace and rebuilding trust?)*

Ongoing Prayer or Meditation: *(Continually foster reparative experiences: Mending a relationship is often a process that takes time., Establish a regular prayer or meditation routine to seek ongoing guidance and peace in your relationship.)*

Step 6: Follow-Up and Accountability

Reviewing the Resolution: *(Set a date to revisit the agreement and discuss how well it is working.)*

Spiritual Support: *(Consider seeking ongoing support from a faith leader or community to strengthen the reconciliation process.)*

Continued Growth: *(Reflect on what you have learned from this conflict and how it has helped you grow spiritually.)*