

The Conflict Reset Toolkit

Communication & Conflict Series — Part 1



Three strategies to help you catch escalation early, step away without abandoning the conversation, and approach conflict with more clarity.

1 My Pause Phrase

Write the exact words you'll use when you need to step away from a conversation. Having it pre-planned may make it easier to access in the moment.

Example: "I care about this conversation, but I need a few minutes. Can we come back to this in 15 minutes?"

2 Mind Dump Template

Set a timer for 3–5 minutes. Write without filtering. Then circle the ONE thing that matters most.

What am I feeling?

What am I afraid of?

What do I actually want from this conversation?

What's the worst interpretation I'm making?

What's a more generous interpretation?

The ONE thing that matters most:

3 My Body Signals

List 2–3 physical signs that tell you emotions are rising. Knowing them in advance may make them easier to spot in the moment.

Signal 1

Signal 2

Signal 3

Common signals: shoulders tense, jaw clenches, chest tightens, voice gets louder, breathing speeds up, heat in face

4 Quick Reference: The 3 Strategies



Body Check
Catch it early



Pause & Return
Step away without abandoning



Mind Dump
Clear the noise before or after

Reflection

What's one conversation this week where I can practice?

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