

## RRT SUPPORT DOCUMENT 1: SELF-REFLECTION

In preparation for discussing a conflict or potential conflict, the following actions are recommended as helpful hints.

Engage in Reflection. Sleep on it overnight before taking any action. Take the time to do some soul searching to broaden your perspective and to attempt to see through the eyes of others. Put yourself in the other person's shoes and avoid vilifying them. Seek clarity about what happened; why it was important to you; what is in the best interest of everyone involved, including the community. Look for opportunities within the conflict for growth and deepening of healthy relationship.

Select among the questions below to ask and answer for yourself.

- What is important to me?
  - What is my role in the conflict?
  - What factors could be causing the other person's behavior?
  - What assumptions am I making about this situation?
  - How can I check the accuracy of those assumptions?
  - What outcome or resolution would work for me?
  - Why is resolving this conflict important in our religious community?
  - What past conflicts that I have experienced may be impacting how I view and react to this current conflict?
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- What outcome or resolution would be best for the other person(s) involved?
  - What outcome or resolution would be best for my relationship with the person(s) with whom I'm in conflict?
  - In what ways can this conflict allow me, the other person, and our community to grow and deepen?
  - What am I willing to let go of for the good of the other person(s) and our community?
  - What can I not let go of in resolving this conflict?
  - How do my racial, ethnic, cultural, gender, age, sexual orientation, ability status, and other identities contribute to my actions in experience of this conflict?
  - How do my experiences of identity-based oppression, microaggression, and injustice in the wider world, and in this community, contribute to my actions in and experience of this conflict?
    - What do my values and sense of justice compel me to do in this conflict?
    - What does love of self, others, and this community compel me to do to resolve this conflict?

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