

# Journal: Working Through Conflict on the Move

Every team hits a rough patch, what matters is how players handle it.

**Think of a time during a game or activity when you and a teammate disagreed, maybe over a call, a strategy, or whose turn it was. Describe what happened and explain which conflict resolution practices you used or could have used to work it out ([Outcome](#), [Skills](#)).**

## Where to start:

- What was the disagreement actually about? Try to state the facts calmly, without blame.
- Did you listen to understand the other person, or were you mostly waiting to talk?
- Which practice might have helped: acknowledging emotions, clarifying facts, or proposing a solution ([Knowledge](#))?
- How did the conflict affect how well your team or group performed afterward ([Understanding](#))?

## Stretch:

Compare a conflict from a cooperative activity (everyone working together) to one from a competitive activity (playing against others). Explain how the thinking or actions needed to resolve each conflict were different ([Skills](#), [Understanding](#)).