


National Organization of
Alternative Programs



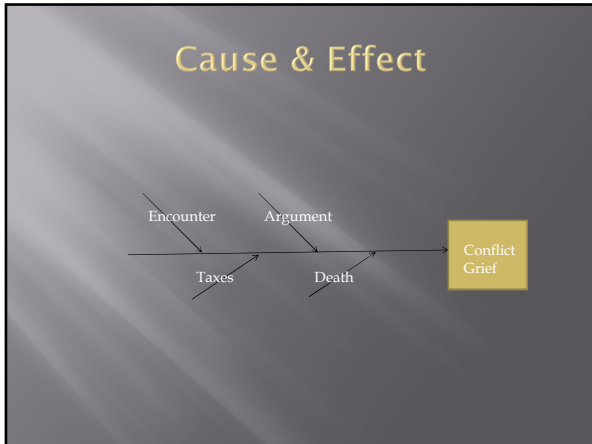
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Albuquerque, NM

**CONFLICT RESOLUTION
& GRIEF**

A Different Perspective

**GRIEF & Conflict
Defined (Synonyms)**

<input type="checkbox"/> Anguish	<input type="checkbox"/> CONFLICT -
<input type="checkbox"/> Sorrow	<input type="checkbox"/> BATTLE
<input type="checkbox"/> Heartache	<input type="checkbox"/> FIGHT
<input type="checkbox"/> Pain	<input type="checkbox"/> WAR
<input type="checkbox"/> Misery	<input type="checkbox"/> STUGGLE
<input type="checkbox"/> Unhappiness	<input type="checkbox"/> SKIRMISH
	<input type="checkbox"/> CLASH
	<input type="checkbox"/> ENCOUNTER
	<input type="checkbox"/> ENGAGEMENT
	<input type="checkbox"/> DISAGREEMENT



Understanding Grief/Conflict

- ☐ Effect is determined to be a state of being
- ☐ Assess the causes that lead to the state
- ☐ Review symptoms and seriousness of state
- ☐ Diagnose the symptoms: relate cause to effect
- ☐ Prepare to address the effect
- ☐ Resources available
- ☐ Notes:
 - Grief, Conflict are normal and personal
 - Grief & Conflict are powerful
 - Grief-Conflict affects physically, emotionally, socially and SPIRITUALLY
 - — and it can change your life completely.

Coping

- ☐ *There is no formula for coping with grief/conflict*
- ☐ *Understanding the process and knowing what to expect can help you cope*
- ☐ *Progressing through grief & conflict will be uneven, unpredictable and unique, with no specific time frame*
- ☐ *the more you learn about grief & conflict , the better you can cope with it.*
- ☐ *Upfront work will help expedite solutions and wellness*

WORDS OF WISDOM

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Words of Wisdom

- ☐ You have powerful gifts: Your mind & spirit. You can choose what you will do with these gifts.
- ☐ Your capability in life should not be based on what others can do, but only on what you can do.
- ☐ The simplest lessons in life are often the most powerful. Truth requires few words.
- ☐ However long or far you go, you cannot outrun your life's problems when those problems are within.
- ☐ Sometimes the answers you seek are hidden right out in the open.
- ☐ Don't be afraid to see your life as it is—even if it's not what you want it to be. That is the 1st step toward positive change and fulfillment.

Words of Wisdom

- ☐ You will feel true joy when you align your talent and ability with your path.
- ☐ Keep your fire lit by remembering this: No matter how good the excuse, it cannot justify a broken commitment.
- ☐ Mistakes happen. You must forgive yourself, learn the lessons and move on.
- ☐ It is not too late to keep a promise to yourself.
- ☐ Spend your time wisely for it will be surely be spent. Start now.
- ☐ It's never too late to change your direction.
- ☐ Your vision for your life can either haunt you, or fulfill you to the depths of your spirit.
- ☐ Your fear of success can sometimes be even stronger than your fear of failure.
- ☐ Choices today will determine where you'll be tomorrow.

Words of Wisdom

- ❑ Don't plant corn seed and expect coconuts. The quality, level of achievement and joy of your life balances with what you put into it.
- ❑ Choose your pack wisely. Your spirit is like a sponge, soaking up who and what surrounds you.
- ❑ If you suspect that you are being used, you probably are.
- ❑ Follow your heart and make the choices that are right for you. Only you will truly know what those are.
- ❑ The only thing you control in this world is what you do.
- ❑ The sooner you stop making excuses, the sooner you'll begin to make true progress toward your dreams.

Words of Wisdom

- ❑ There is no right way to do the wrong thing.
- ❑ You only gain courage after you take a risk.
- ❑ Don't let the negative comments of others deter you; they are words that mean nothing unless you believe them.
- ❑ A warrior's purpose involves developing his abilities to become an asset to the village. Today, that "village" can be you family, community, campus, clients, coworkers— Anyone you serve.
- ❑ Always ask your self what am I doing to help better serve my people.

Examples

- ❑ Sensitive info here

**A little Spirit Lives
within you,
within ALL of us**
