



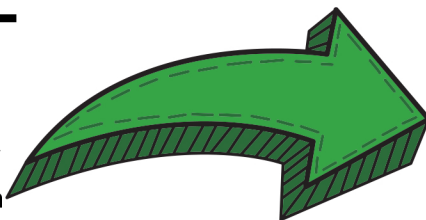
# CONFLICT CYCLE

Identify each stage of the conflict cycle

## Calm

---

Carol was falling behind in math. She told Monica, her best friend, that she was concerned about her math grades. Carol needed an A in the final math exam to graduate.



## Agitation

---

Monica was worried about Carol and remembered that Steve was really good at math and asked him to help Carol.



## Harmful Action

---

Steve saw Carol in the classroom and told her that he was happy to help her prepare for the final exam. Carol felt embarrassed. She liked Steve and she did not want him to know that she was struggling in school.

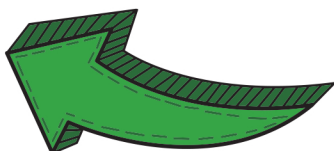


# CONFLICT CYCLE

## Escalation

---

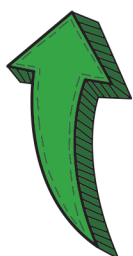
Carol got really angry with Monica. Carol thought that Monica should not have said anything to Steve. Carol trusted her and she felt Monica betrayed her.



## Conflict Resolution

---

Carol confronted Monica and told her that she had no right to speak about her issues with others.



## Recovery

---

Monica explained to Carol that she only wanted to help her and that next time she will ask for her permission before talking to someone else. Monica also apologized.

