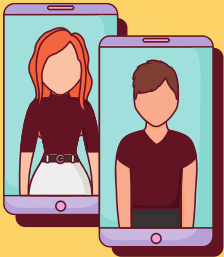




# Conflict Resolution

## Agree to follow the "Four Agreements" by Don Miguel Ruiz



1. Be impeccable with your word & be transparent.
2. Don't take anything personally.
3. Don't make assumptions.
4. Always do your best.

## Process Your Conflict Together



- IDENTIFY when you are in ego (defense) and question thoughts for today's truth.
- REMEMBER: Ego keeps you stuck in defense, intellect keeps you stuck in the past, heart honestly moves you to the future.
- DO NOT WEAPONIZE anything against another (this keeps you stuck).
- WHEN TRIGGERED, question if the amount of anger really fits.
- BE A CONSCIOUS LISTENER - validate and accept another person's honesty.
- BE VULNERABLE to start a conversation and honor and protect the other's vulnerabilities. They are sacred, and trust is born of this.
- DO NOT CLING to your own past stories or that of another - accept the present joy.

## Envision the New Pattern

We co-create beauty together. We love actively by being responsible for the energy we carry and through shifting our perspectives. We are SO lucky and blessed to be in each other's lives.

