

Anger & Conflict Management

This model is from 'Playing with Fire' one of a range of Youth and Conflict Courses offered by Leap Confronting Conflict www.leapconfrontingconflict.org.uk and is used with permission and thanks



The characters that make up the word **'conflict'** in Chinese are

Danger and Opportunity



The Fuel

Ourselves and our communication

People as the fuel for conflict: personal perceptions of and assumptions about others; how people communicate; personal histories.

How we see ourselves based on our own unique experiences



The Spark

Immediate responses and coping strategies

There are constant tensions, pressures and frustrations in our lives. Sometimes we rise to them and cope, sometimes they spark us off,



Smouldering

Powerlessness and
assertiveness

There is trouble brewing now.

Being assertive when feeling put
down or oppressed, or when unfair
demands are being made of you, is
one way to prevent escalation of
the conflict



Fanning the Flames

Anger, enemies and awareness

They feeling the need to maintain distrust, and to nurture feelings of prejudice or hate.



Stoking the Fire

Inequalities and
empowerment

The conflict is fuelled by
arsonists, People stirring and
fuelling the upset



The Blaze

Crisis management.

Once a fire is in full blaze the options are limited - we run away from it, or try to put it out, or run into it. The conflict blazes, there is damage and pain. Some are standing well clear of it. But no-one is untouched by the blazing conflict.



Mediation

The ritual of reconciliation.

“You cannot shake hands with a fist clenched in anger”

Indira Gandhi

