







# PRODUCTIVE CONFLICT LOG

It may be tempting to ignore this page, but getting better at productive conflict takes time and continuous practice. Use this page to monitor and log the next conflicts you have. Learning to step back and reframe your thoughts will ultimately help you have more productive conflict in the workplace.

 Briefly describe your conflict situation.	
 What were your automatic thoughts? What was your response?	 How did you reframe your automatic thoughts? Could you have done better?

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