

My conflict biography

Age	7-14	15-22	23-30	31-40	40-50	50+
What were typical topics of conflict?						
What feelings did I have in conflict situations?						
Which role did I take on in conflicts?						
What stood in my way / helped me in my managing of conflicts?						
How do I feel about this today? What is the status of these conflicts today?						
What did I learn or take with me from those experiences?						

Give your conflict biography a title, and use other exercises to discuss it with your comrades.