



SEAL Steps

Using this form can help you follow the SEAL steps to solve problems or deal positively with conflicts.

Stop

Who is the conflict with and what is it about? When and where will you talk to the person?

Explain

How are you feeling, and what do you want to happen?

Affirm and acknowledge

What rights do you and the other person have in the situation? Do you have a role in the conflict?

Lock

What do you want your relationship to be? Do you want to lock in the friendship, lock it out, or take a vacation? (You may need to decide this after you speak to the person.)