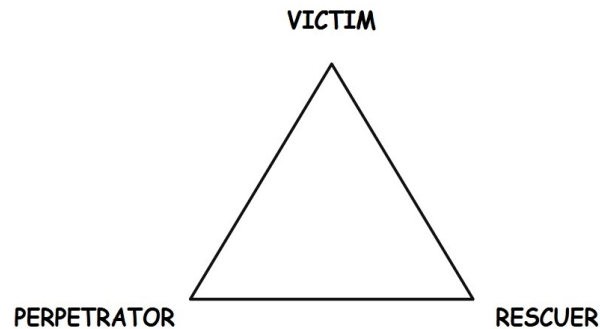


Worksheet 1: Introduction to Conflicts

Objective: Understand the nature of conflicts and the concept of the Entangled Drama.

Activity 1: Recognize a Conflict

- According to Mr. Keating, conflicts arise when individuals feel impaired by one another.
Task: List three examples of conflicts you have observed in your workplace or personal life. Label them as professional, relational, or personal.

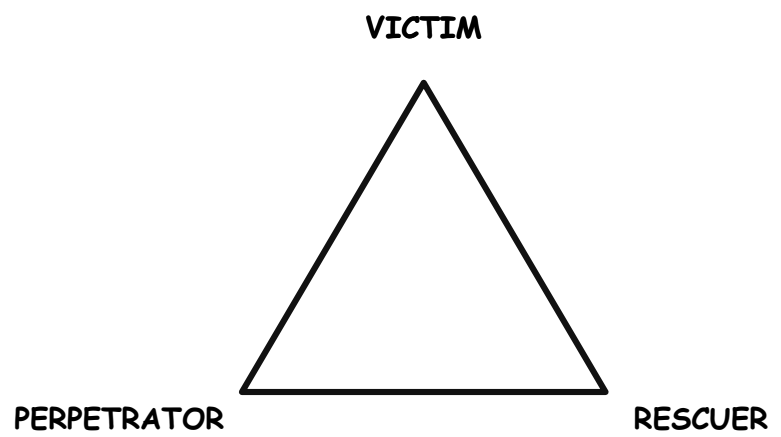


Activity 2: Identifying Roles

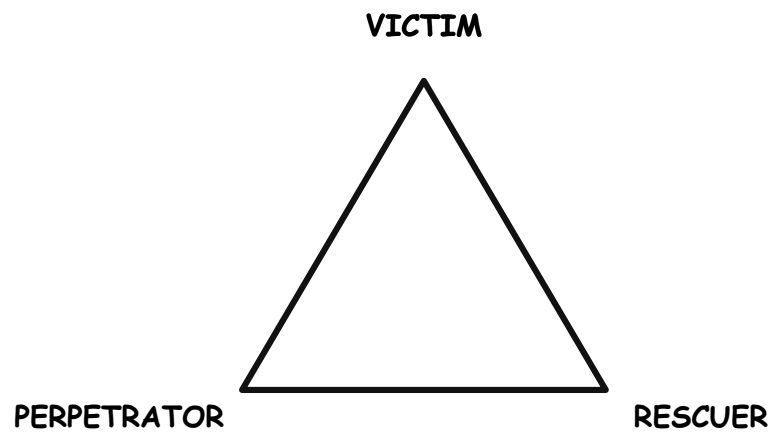
- The Entangled Drama includes three roles: **Victim**, **Perpetrator**, and **Rescuer**.
Task: For one of your examples in Activity 1, identify who plays each role.
- **Who started** the Entangled Drama?



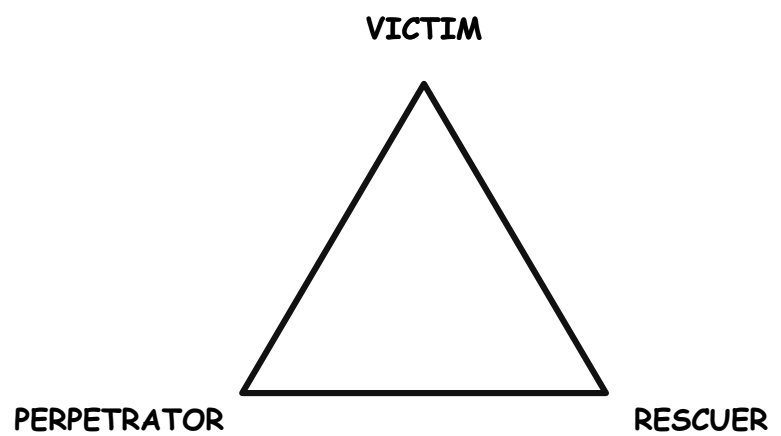
Professional



Relational



Personal



Worksheet 2: Emotions in Conflict

Objective: Recognize the emotional drivers behind the Entangled Drama.

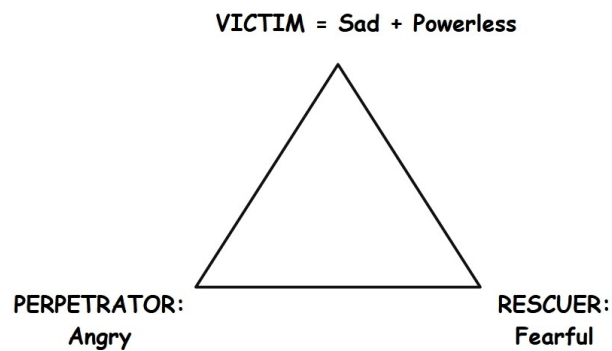
Activity 1: Mapping Emotions

Match the roles to their primary emotions:

Victim → _____

Perpetrator → _____

Rescuer → _____



Activity 2: Describe how the roles shifted during the progression of the conflict.

Activity 3: Behind the Anger

Anger often stems from suppressed sadness.

Task: At what time (in the past?) could the actual perpetrator have felt sad or helpless = as a victim?



Activity 4: Identify your sadness behind your anger.

Task: Reflect on a time when you felt angry. Write down the situation and explore if sadness or helplessness contributed to your anger.

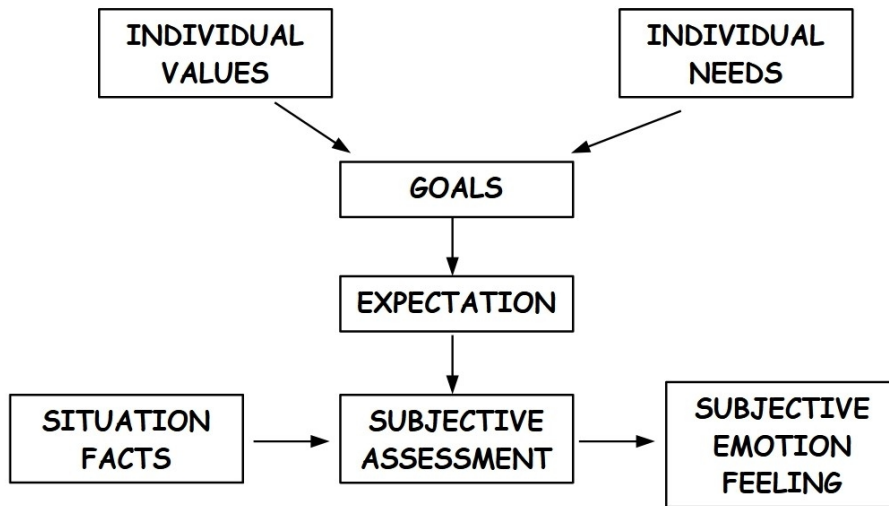
Worksheet 3: Expectations and Disappointments

Objective: Understand how unmet expectations contribute to conflicts.

Activity 1: Tracking Expectations

- Rain can be good for a farmer but bad for a tourist manager.

Task: Write down a recent conflict and the unmet expectation behind it.



Activity 2: Transforming Expectations

- Reflect on how you can adjust your expectations or communicate them better.

Worksheet 4: Responsibility and Action

Objective: Understand when and with whom exactly responsibility lies, and when it does not.

Activity : Responsibility = Action

- Responsibility exists only where action is possible.

Task: For the examples in Worksheet 1, identify who held which responsibility at each moment.

ENTANGLED DRAMA = LACK OF PERSONAL RESPONSIBILITY

RESPONSIBILITY = 100% SELF-ACTION RESPONSIBILITY

ONLY HERE AND NOW

Person A _____:

Person B _____:

Person C _____:

Worksheet 5: Breaking the Drama

Objective: Learn steps to disengage from the Entangled Drama.

Activity 1: Spot your role(s) in the Patterns

- Practice observing a conflict without assigning blame.

Task: Identify your role and your emotion behind it. Note how it may have shifted.

My role(s):

Activity 2: Step out part 1.

- **Task:** Use these questions to step out of the Entangled drama.

Solution questions for the victim:

- What am I sad about, and where do I feel powerless?
- What action possibilities, even if small, do I have for myself?
- What do I need to let go of:
 - * a person,
 - * an object,
 - * or an idea or expectation?

Solution questions for the perpetrator:

- What am I truly sad about?
- What made me sad or powerless in the past?

The rewinding of the movie becomes imperative.

Solution questions for the rescuer:

- What am I afraid of in my life?
- What am I afraid of in this situation,
and how could it negatively affect me?

Activity 3: Step out part 2.

- **Task:** Close your eyes and imagine how you could have implemented this in those conflicts.

