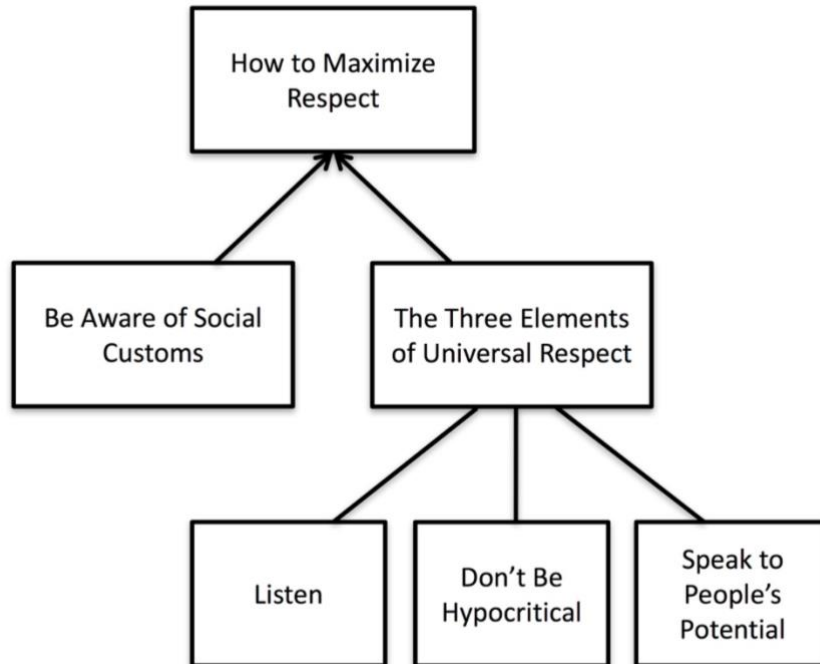


## Peace Literacy 3:

### Recognizing and Applying the Power of Respect



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### Resolving Conflict/The Power of Calm

To help us remain calm in the midst of conflict we need to focus on four things:

1. **Maintain empathy** when we are in conflict with someone.
2. **Give people the benefit of the doubt** when we are in conflict with them, which means seeking clarification rather than acting from a position of ignorance.
3. **Do not personalize the conflict**, which means using empathy to escape the confines of our own ego, and training our mind to see the other factors playing into the conflict.
4. **Keep things in perspective**, which means training our mind to think about reasons why we appreciate people when we come into conflict with them.

To help us calm other people down we need to focus on three things:

1. **Be calm ourselves.**
2. **Listen and be respectful.**
3. **Show care and concern.**