

First part: ROLE PLAYING

Several conflict situations are proposed to be represented by members of the Calasanz Movement group. It is not compulsory to do all the situations, but the ones that are most convenient or that we have time for during the meeting to be able to tackle the proposed work:

SITUATION 1.

Omar and Leo are close friends and decide to team up to do a robotics project for class. Leo is a robotics enthusiast and has always done a lot of projects at home in his free time, so he is not used to working in a team. When they finish the project, the teacher gives them a good grade, but suggests that if both had done the work, the grade would be better. Omar gets annoyed and lets Leo know.

SITUATION 2.

A very interesting WhatsApp conversation between Juan and Nancy is suddenly cut short by Nancy tripping in the street and losing her phone in the river.

John is left waiting for a reply. As the hours go by, his anger grows.

On Monday, in class, Juan runs away from Nancy, and she becomes angry at Juan's silence.

A few days later, both full of anger, they sit down to talk, blaming each other for this conflict and bringing up some other previous conflict.

SITUATION 3.

Kevin's father comes home tired from work and scolds his children for having a messy bedroom.

Kevin doesn't move from the sofa and this makes the father's anger grow by the second.

Soon after, Kevin goes out to walk the dog and leaves the house slamming the door and clouting his little brother in the process.

Second Part: SHARED REFLECTION (5 tips for good arguing).

Conflicts are an opportunity to love more and better.

1. Work on day-to-day communication: To argue is to communicate, so if there is no communication on a daily basis, there won't be communication on the moments of tension. Communicating is talking, telling, sharing, but also listening, asking questions, and stopping to see the other person.
2. Focus on the problem and how it makes you feel: It is essential to speak from emotion, from what it makes me feel, not to focus on the fact itself, because that generates eternal dialogues that end in constant accusations. Most daily conflicts speak of other deeper underlying conflicts.
3. Don't look for solutions, look for understanding: Conflicts are not always solvable, nor are they always dissolved with a conversation. There are issues that come up again and again, issues are processes that must be lived through together, remembering that love is above them. The aim of discussions is to understand the other person's point of view (even if you don't share it) and vice versa. And from understanding, the solution will arrive.
4. Remember that you do not have an enemy in front of you, but a person you love: During conflicts we feel attacked, so we react with another attack. We forget that what we are really looking for is validation, closeness, and agreement with a person we love.
5. Always apologize: There's always something to apologize for. For raising your voice, for judging, for saying an ugly word, for talking down, for not listening. It is not a humiliation to apologize; it is a gesture of honesty and affection. It also helps to point out those harmful behaviors that we do not want to normalize.

Lucía Pérez Forriol, December 2021.

Third part: CLOSING PRAYER (suggested materials)

Gospel John 13, 34-35

Jesus, at the Last Supper: "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Song Fieles y unidas (Ain Karem)

<https://www.youtube.com/watch?v=a9fb4LQhKcg>

Prayer TAKE (Mahatma Gandhi)

Take a smile
and give it to those who
who has never had one.

Take a ray of sunshine
and make it fly there
where the night reigns.

Discover a fountain
and make him bathe in it
who lives in the mud.

Take a tear
and put it on the face
of those who have never cried.

Take courage
and put it on the courage
of those who don't know how to fight.

Discover life
and tell it to those who
who does not know how to grasp it.

Take hope
and live in its light.

Take kindness
and give it to those who do not know how to give.

Discover Love
and make it known to the world.