

BEYOND RESOLUTION

A CONFLICT INTELLIGENCE SERIES FOR PRACTITIONERS

The Official Companion Workbook · Three Live Sessions

conflictintelligencetraining.com

BEFORE WE BEGIN

Welcome

Three sessions. Three questions. One arc.

These sessions are an invitation to explore what becomes possible when conflict is approached from somewhere deeper than technique.

Keep this workbook with you across all three sessions. By the end, you will be holding a completed Conflict Intelligence Map — built around something real of your own, not a hypothetical.

ON A PERSONAL NOTE

I did not arrive at this work through theory. Conflict has been one of my own greatest teachers, and these three sessions hold a small piece of what years of sitting with it have shown me. I am happy you are here.

THE SESSIONS

Session 1 — Monday, August 3 at 7pm EST: What Is Conflict, Really?

Session 2 — Wednesday, August 5 at 7pm EST: What Is Beyond Resolution?

Session 3 — Friday, August 7 at 7pm EST: What Does Transformation Actually Require?

BETWEEN SESSIONS

The AI Conflict Guide is available whenever you want a quiet space to reflect — built around the book “Resolving From Within”.

conflictintelligencetraining.com/beyond-resolution-resources

SESSION 1 · MONDAY, AUGUST 3 AT 7PM EST

What Is Conflict, Really?

CONFLICT IS A SIGNAL

Conflict is not a problem to be solved. It is a signal to be understood. That reframe changes everything about how you enter the room. You stop trying to make the conflict go away. You start getting curious about what it is pointing toward.

CONFLICT INTELLIGENCE

Conflict Intelligence is not just a set of techniques. It is the capacity to stay present to what a conflict is actually asking — of the parties, and of you. Most conflict work addresses the surface. Conflict Intelligence begins where the surface ends.

WHAT I AM NOTICING

A conflict currently present for me...

What the situation seems to be asking for...

SESSION 1

My Notes

What Is Beyond Resolution?

THE DISTINCTION

Managing	Resolving	Transforming
Keeping things from escalating. The conflict is contained but not addressed.	Bringing things to a close. An agreement is reached and the situation changes.	The conflict becomes the thing that deepens the relationship — or the person — instead of interrupting it.

BRINGING IT INTO THE ROOM

The situation I am working with...

My role in this conflict:

- ☐ I am a party to this conflict
- ☐ I am working with others in this conflict

Right now, I would describe my approach as:

- ☐ Managing
- ☐ Resolving
- ☐ Something else: _____

Building the Map

WHAT I CAN SEE

The surface

The presenting issue...

What has been tried...

What has not worked...

WHAT I SENSE IS UNDERNEATH

Below the surface

What this conflict might be about beneath what is visible...

What each person may be protecting...

SESSION 2

My Notes

What Does Transformation Actually Require?

THE SEVEN LEVELS CHECK

Where is this conflict actually living? Mark the levels where it is most alive.

1	Space	☐ Most active	Conditions and safety for dialogue
2	Emotions	☐ Most active	The emotional experience of the parties
3	Identity	☐ Most active	How each person sees themselves in this
4	Relationships	☐ Most active	What this is doing to the bond between people
5	Expression	☐ Most active	What is being said, and what is not
6	Intuition	☐ Most active	What each person's deeper knowing is telling them
7	Spirituality	☐ Most active	What this conflict is ultimately asking of everyone involved

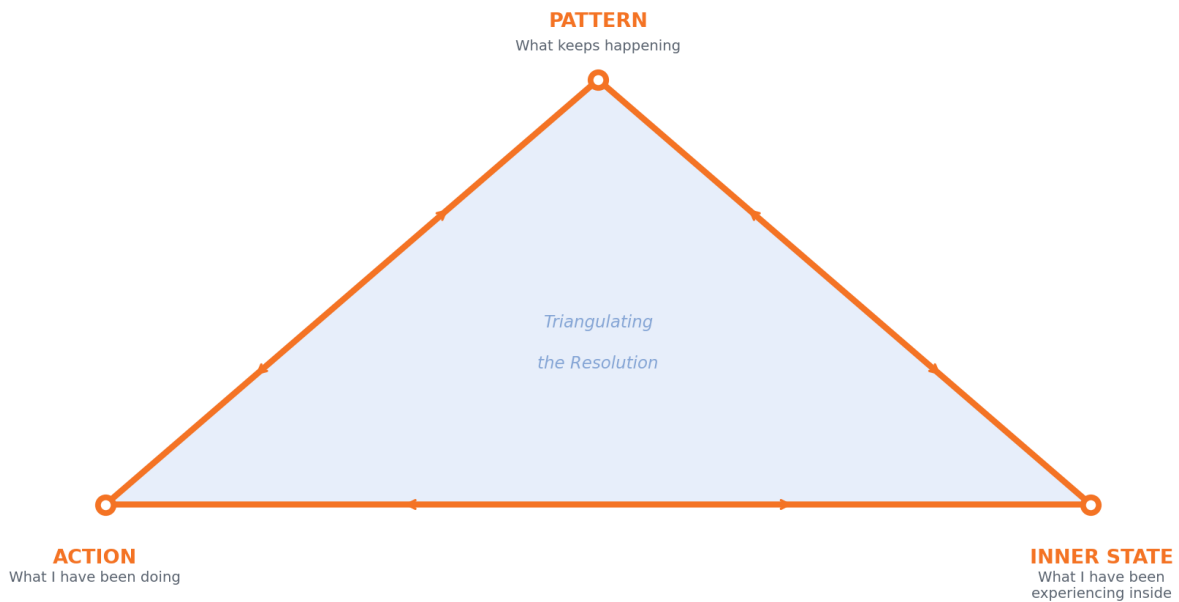
The level(s) where this conflict is most alive...

The level(s) I have been addressing...

The gap...

Triangulating the Resolution

Every stuck conflict has a pattern. The triangle maps what keeps happening (Pattern), what has been done about it (Action), and what has been experienced underneath (Inner State).



PATTERN

What keeps happening

ACTION

What I have been doing

INNER STATE

What I have been experiencing inside

LEVEL

Where this is actually operating

WHAT TRANSFORMATION REQUIRES HERE

Between where this conflict lives and where I have been addressing it:

What transformation would require in this situation:

SESSION 3

My Notes

TO CLOSE

The Arc

Three sessions. Three questions. One conflict — yours, mapped from the surface to wherever it is actually living.

WHAT I AM HOLDING

What I understand now that I did not when we began...

The gap I have named...

What I sense is being asked of me as a practitioner...

For practitioners who want to keep going, a next step will be waiting when this session ends.

Peace Comes From Within.

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