

# Using Reason to Resolve Conflict



**When anger takes over, it is too hard to address a conflict in a logical way. This training is about ways to control anger so that you can make good choices when dealing with interpersonal conflict.**





A man with dark hair and a beard, wearing a black suit and white shirt, is shown in profile, looking towards the left. He has a focused expression. In the background, a woman with long brown hair is visible, looking in the same direction. The foreground is blurred, showing the back of a person's head. A speech bubble is positioned to the left of the man.

click  
on link

# Listening Solves Conflict

# Using Reason to Resolve Conflict Quiz

