

Mindfulness-Based Ecotherapy RREEDDSS Conflict Resolution

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Respond Reflectively • Evoke Empathy • Develop Discrepancies • Summarize Succinctly

Conflict can cause people to become reactive, defensive, or disconnected from themselves and from one another. The Mindfulness-Based Ecotherapy RREEDDSS worksheet provides a structured way to slow down a conflictual interaction, increase awareness, encourage empathy, and identify choices that are more consistent with each person's values.

RREEDDSS is a Motivational Interviewing communication tool consisting of four steps:

- **R**espond **R**eflectively
- **E**voke **E**mpathy
- **D**evelop **D**iscrepancies
- **S**ummarize **S**uccinctly

This worksheet is not intended to determine who is right or wrong. Instead, the goal is to understand what is happening, identify the needs and values beneath the conflict, and create an opportunity for a more skillful response.

Part 1: Center Yourself Before Addressing the Conflict

Before discussing the conflict, pause.

If possible, spend a few minutes outdoors or near a natural element such as a tree, plant, window, stone, or body of water.

Take several slow breaths.

Notice:

What am I experiencing in my body right now?

What emotions are present?

What thoughts are calling for my attention?

What am I feeling the urge to do or say?

Can I notice these experiences without immediately acting on them?

Centering Statement

Before continuing, complete this statement:

"I can experience what I am feeling without allowing the feeling to completely determine what I do next."

What would it mean to practice this during the conflict?

Part 2: Describe the Conflict Without Blame

Briefly describe what happened or what you would like to happen. Remember to use "I-Position" statements ("I think" or "I feel" or "I want" or "I will" instead of "You should...").

Focus on observable events rather than judgments, interpretations, or accusations.

What happened?

Who was involved?

What was each person saying or doing?

Separate Observation From Interpretation

What did I actually observe?

What meaning did I give to what happened?

How might my interpretation be different from what another person experienced?

Part 3: R — Respond Reflectively

Responding reflectively means listening carefully and reflecting back on what another person is communicating rather than immediately defending yourself, correcting them, or explaining your own position.

The goal is understanding and validating each other, and not necessarily agreement.

Person A

What do I think Person B was trying to communicate?

What feelings might Person B have been experiencing?

What need, concern, or value might be underneath those feelings?

Reflective Response

Complete:

"What I'm hearing you say is..."

"It sounds like you felt..."

"It seems that what was important to you was..."

Check for Accuracy

Ask the other person:

"Did I understand you correctly?"

What did they clarify or correct?

Part 4: E — Evoke Empathy

Empathy involves attempting to understand another person's experience from their perspective. Empathy does not require agreeing with the person's behavior, interpretation, or conclusions.

Consider:

If I had experienced this situation from their perspective, what might I have felt?

What might they have been afraid of losing?

What might they have needed at that moment?

What value might they have been trying to protect?

Nature as Teacher

Choose something in nature that can serve as a metaphor for the situation. For example, a tree may remain rooted while its branches move in the wind. A river may encounter an obstacle without stopping its movement.

What element of nature comes to mind?

What does it teach me about this conflict?

What might happen if I approached the other person's experience with curiosity rather than judgment?

Part 5: D — Develop Discrepancies

Developing discrepancies means exploring the difference between what is happening now and what the people involved would prefer to happen. The purpose is not to shame, blame, or guilt-trip anyone. The purpose is to identify opportunities for change.

What Happened?

What did I do or say during the conflict?

What did the other person do or say?

What Do I Want?

How would I prefer to respond during a conflict?

How would I like the other person to experience me?

What kind of relationship do I want to have with this person?

Values

What values are important to me in this relationship?

Check any that apply:

- ☐ Respect
- ☐ Compassion
- ☐ Honesty
- ☐ Trust
- ☐ Patience
- ☐ Safety
- ☐ Connection
- ☐ Understanding
- ☐ Cooperation
- ☐ Acceptance
- ☐ Responsibility
- ☐ Forgiveness
- ☐ Other: _____

Which value was most important to me during this conflict?

Was my behavior consistent with that value?

- ☐ Yes
- ☐ Partly
- ☐ No
- ☐ I'm not sure

If not, what might a more values-consistent response have looked like?

Part 6: Notice the Choice Point

Mindfulness creates space between an experience and a response. Think about the moment when the conflict began to escalate.

What triggered my reaction?

What did I notice in my body?

What emotion appeared first?

What thought appeared first?

What did I want to do?

Was there a moment when I could have chosen a different response?

What could I do differently at that choice point in the future?

Part 7: Reconnect With True Self

MBE emphasizes living in accordance with one's True Self rather than being driven entirely by automatic reactions.

Ask yourself:

When I am at my best in relationships, who am I?

What qualities do I want to bring into this relationship?

What would my True Self say or do in this situation?

What gets in the way of responding from that place?

Part 8: D — Develop a More Skillful Response

Complete the following before re-engaging in the conflict.

Instead of: "You always..."

Try: "I noticed..."

Instead of: "You made me..."

Try: "I felt..."

Instead of: "You don't care..."

Try: "What I need is..."

Instead of trying to prove who is right, I can ask: "Can you help me understand what this was like for you?"

My New Response

What would I like to say to the other person?

Part 9: S — Summarize Succinctly

Summarizing succinctly means bringing the important points together without reopening every detail of the argument.

What I Understand About the Other Person

What I Want the Other Person to Understand About Me

What We Agree On

Where We Still Disagree

What Matters Most to Both of Us

One Thing We Can Do Differently

Part 10: The RREEDDSS Conversation

Use this section to guide an actual conversation.

1. Respond Reflectively

"I hear you saying..."

2. Evoke Empathy

"Help me understand what this was like for you."

What did I learn?

3. Develop Discrepancies

"What kind of relationship do we want to have, and does the way we're handling this conflict move us toward or away from that?"

4. Summarize Succinctly

"What I'm taking away from this conversation is..."

Part 11: Nature-Based Integration

Spend several minutes in a natural setting after completing the worksheet. Choose something in nature to observe. It might be a tree, animal, stream, cloud, flower, rock, or changing weather. Observe without trying to change what you see.

What did I notice?

What does this experience teach me about conflict?

What does it teach me about change?

What does it teach me about connection?

What can I carry from this experience into my relationship?

Part 12: My Commitment

Complete the following: "The next time I notice myself becoming reactive during a conflict, I will..."

"Before responding, I will pause and notice..."

"I want to remember that the person I am in conflict with..."

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"The value I most want to bring to this relationship is..."

Key Takeaways

1. I can pause before reacting.
2. I can listen to understand rather than prepare my defense.
3. I can reflect on another person's experience without necessarily agreeing with it.
4. Empathy allows me to understand another person's perspective without abandoning my own.
5. Conflict can reveal discrepancies between my behavior and my values.
6. Mindfulness creates a choice point between an emotional reaction and a behavioral response.
7. Nature can provide metaphors and perspectives that help me approach conflict differently.
8. A successful conflict conversation does not require complete agreement.
9. The goal is not to win the argument; the goal is to move toward greater awareness, connection, and values-consistent action.
10. I can choose how I want to show up in my relationships.

The *Mindfulness-Based Ecotherapy RREDDSS Conflict Resolution* Worksheet helps couples, families, and groups approach conflict with greater mindfulness, empathy, and intentionality. Based on Motivational Interviewing, it guides participants through *Responding Reflectively*, *Evoking Empathy*, *Developing Discrepancies*, and *Summarizing Succinctly*.

The worksheet encourages people to pause before reacting, understand different perspectives, identify underlying needs and values, and recognize opportunities for more skillful responses.