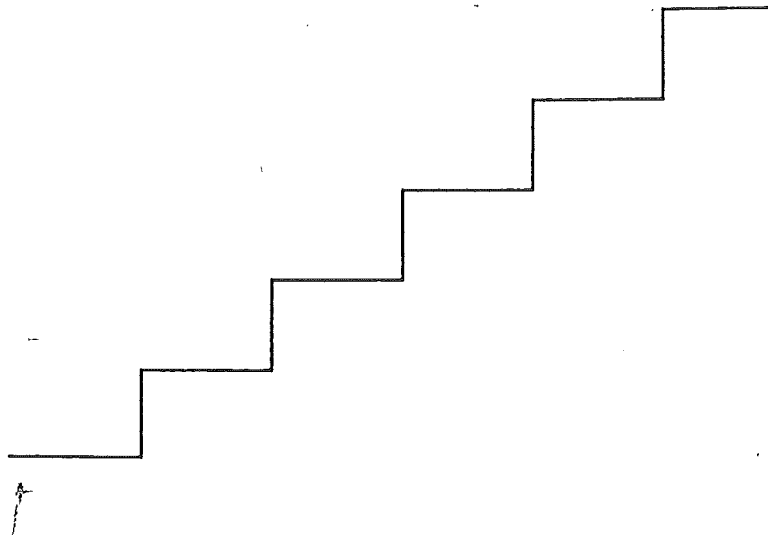


Going Up the Conflict Escalator



- Every behavior in the conflict is either a step up or a step down the conflict escalator.
- Behavior that makes the conflict worse will take it another step up the escalator.
- Every step up the conflict escalator has feelings that go with it. As the conflict escalates, so do the feelings.
- No one gets on the escalator empty handed. They always have a suitcase. That's the baggage they bring to the conflict. Baggage can be filled with:

Past relationship with the person
Current feelings about the person
Past experiences with conflict
Current feelings about conflict
Feelings about self
Mood that day
And more:

The higher you go on the escalator, the harder it is to come down.