

S.E.A.L.

# Strategy

**S Stop and Strategize.**

Breathe, listen, and think when and where, now or later?

**E Explain.** What happened that you don't like and what do you want?

**A Affirm.** Admit anything you did

that contributed to the conflict but affirm your right to be treated with dignity by the other person and vice versa.

**L Lock.** Lock in the friendship, take a vacation, or lock out the friendship.

(From *Queen Bees and Wanna Bees*, Rosalind Wiseman, 2009)

