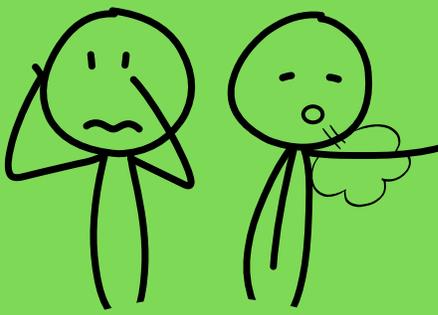
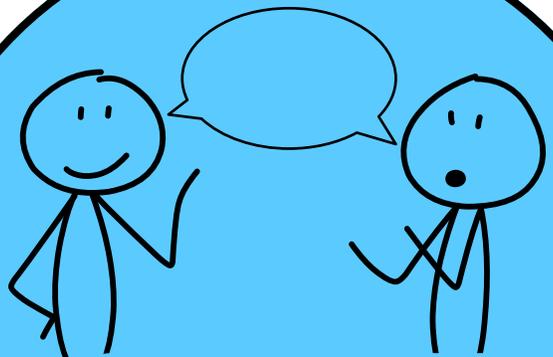


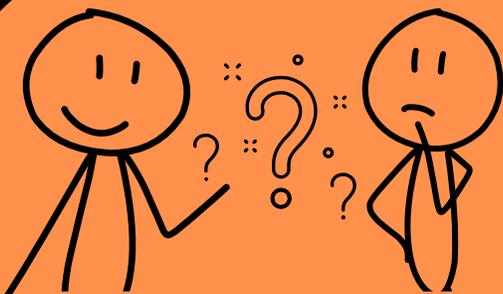
# Les 4 étapes pour régler mes conflits



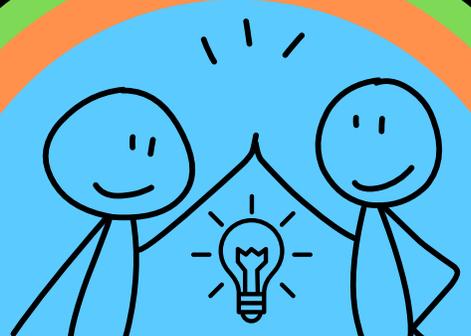
**1** Se calmer  
Prendre du recul  
ou s'éloigner.



**2** Se parler  
des faits et de nos  
sentiments



**3** Chercher  
des solutions  
possibles



**4** Trouver  
et appliquer la  
solution choisie