

Analytical Paper

Conflict and Resolution

How Do the Basic Concepts in the Book *Hostage At The Tables* Relate to a Personal Past or Present Real Life Conflict and Conflict Resolution?

To complete this assignment, please include as much course material in the creation of this analytical paper.

The book *Hostage At the Table* offers insights into ways of personally mastering an individual's ability to free themselves from being held hostage to their self-imposed limitations.

First, select a past or present conflict that involved a confrontation that needed or needs to be resolved. Briefly describe the conflict and its historical perspective.

If you select a conflict in the past refer to the questions in the past tense.

Second, describe how the following elements of *Hostage At The Table* could have been or can be utilized to resolve the issues involved:

1. How could the "mind's eye" concept have helped your initial reaction and response to the conflict?
2. Did you experience the "Bonding Cycle?" How can the "Bonding Cycle" affect the conflict? What is being done to preserve the relationship?
3. What is your state of mind and what can you do to make it better?
4. What is the form of the dialogue between the parties? Is there any form of shared meaning developing during the conversation and is the dialogue effective?
5. How open is the negotiators with each other? Is there a hidden agenda?
6. Is there a sense of mutual purpose in the negotiations? How is that being communicated?
7. Is there a "safe" environment created?
8. Is each side "mastering their own stories" in order to reduce and/or eliminate the emotions from the conversation?
9. Is there an environment of real, open and honest communication?

10. Is there an attempt to really understand the other party's true feelings?
11. How can many and/or all of these elements be put together to reach an agreement?
12. What have you learned through this process that will help you not be a hostage of your own making and that of others?