



Resources: Communication, Conflict and Living Cooperatively

(Compiled by Erin Hancock and Abigayle Ploetz Summer 2016)

Websites:

NASCO's Resource Library contains notes, powerpoints, exercises, and information from various communication workshops. <https://www.nasco.coop/resources/communication>

Snippets (if you're short on time):

[This](#) comic on the differences between introverted thinking and extroverted thinking:
<http://introverdoodles.com/comic/just-trying-to-be-polite/>

[This](#) website is an advice blog for people who are not always sure how to be human - it deals with a wide range of topics but places a large focus on boundary-setting, being responsible for your own feelings, and creating/practicing scripts to use in situations.
<https://captainawkward.com/>

Tools:

Anti-oppression Resource and Training Alliance <aorta.coop/resources>

Mental health, map maps, communication, questions for self and others
theicarusproject.net/the-first-mad-maps-guide-is-here/

If you want to find language for communication, consider the Center for Non-Violent Communication which provides a list of needs so individuals can speak in terms of met and unmet needs which is often easier for a listener to hear. cnvc.org

Recommended readings:

Using "I" statements <http://www.goodtherapy.org/blog/psychpedia/i-message>

Conflict resolution skills, breakdown, information
<http://www.helpguide.org/articles/relationships/conflict-resolution-skills.htm>