CHECKLIST · RELATIONSHIP

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Navigating Conflict in Multicultural Relationships



Understanding and addressing cultural differences strengthens bonds and reduces misunderstandings. Use this checklist to navigate conflicts in multicultural relationships.

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NAME _____ START _____ TARGET DATE _____

1 Acknowledge Cultural Differences

Discuss how your cultures influence your perspectives and behaviors.

EXAMPLE *"In my culture, family gatherings are a big deal, and I'd love for you to join."*

2 Learn About Each Other's Cultures

Take time to understand traditions, values, and customs.

TIP *Watch documentaries, cook traditional meals together, or attend cultural events.*

3 Communicate Openly and Respectfully

Address misunderstandings calmly and seek to clarify intentions.

TIP *Use "I" statements, like, "I feel confused when we approach this differently," to avoid blaming.*

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