At this point, you have options. You can bring up the issue, or you can try to ignore it. Sometimes					
uncomfortable with conflict, it is likely going to continue having a negative impact on us. As a result, we might build up a lot of resentment,					

NOTE it can be really useful to speak with your CA about your concerns and get their support on how to handle it. You can also complete a <u>Conflict Coaching</u> appointment where you can learn more about your unique conflict style, which will help you navigate the situation (and others in the future)!

Here are some signs that it might be time for you to address the conflict with the other person:

- Feeling anger or resentment towards them
- Feeling unheard or unappreciated
- •

• The sooner you bring up an issue, the better. As time passes, you may become more