

THE BLUEPRINT

OVERVIEW

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What is the Blueprint?

The Blueprint is a RULER tool that uses a set of questions to prompt self-reflection and help us resolve conflicts. When we use the Blueprint, we can build our perspective-taking skills, experience more empathy, and develop better conflict management strategies. Over time, using this tool can also help preserve relationships and community.

The Blueprint involves two parts:

Reflection: The Blueprint provides a series of questions that you can apply to almost any conflict situation. First, you answer the questions, and then consider the same questions through the lens of someone else's perspective. For example, if you got into a dispute with a colleague at work, you would first consider:

1. What happened?
2. How did I feel?
3. What caused my feelings?
4. How did I express and regulate my emotions?
5. How might my actions have affected others?
6. Next time, keeping my Best Self in mind, how might I respond differently?

Then, you would consider how your colleague might answer the same questions.

Just like learning to play a musical instrument, this can feel awkward at first. It takes practice! If we regularly ask ourselves these questions when conflicts arise, the process becomes more habitual.

Sometimes this reflection process is all that is needed to generate a shift in thinking, build empathy, and create more openness to constructive problem-solving. Other times, with older students or adults, the next step may be a conference.

Conference: The conference is a specific protocol, carefully designed to integrate restorative practices and emotional intelligence. It provides a space for individuals to come together in conversation to seek resolution. This conversation is facilitated by a skilled individual not directly involved in the conflict, and involves agreed upon action steps with the goal of restoring community and relationships.