The Conflict, Defused

Working through an everyday disagreement and reconnecting, with AI.

10 prompts to find the real issue, see the other side, rehearse the talk, reach common ground, and repair the relationship, with no power struggle.

Free for the SYSTINFO community

GOOD TO KNOW

AI clears the air, you make peace.

In 2026, assistants (ChatGPT, Gemini, Le Chat) help you look at a situation from every angle, and even rehearse a hard conversation out loud before you have it. A real support for keeping a cool head, as long as you keep three reflexes in mind.

- **AI only hears your side**
  It helps you phrase things and step back, but it never heard the other person. Do not try to win: seek to understand before you try to convince.
- **Understand before convincing**
  A conflict cools through listening and respect, not through victory. Aim for a solution that works for both, not a winner and a loser.
- **Protect privacy, stay safe**
  Do not feed private details about the other person. Describe the facts and how you feel. If it turns to threat, get to safety and ask for help.

The right reflex: understand before you convince, facts over blame.

THE METHOD

Ten prompts, five steps.

No need to be a mediator. These 10 prompts take you from disagreement to peace: understand, prepare, open up, resolve, then repair. Adapt the brackets to your situation.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 **Understand the situation**
· 2 prompts

02 **Prepare for the talk**
· 2 prompts

03 **Open the dialogue**
· 2 prompts

04 **Find a solution**
· 2 prompts

05 **Repair and make peace**
· 2 prompts

PROMPT 01 · UNDERSTAND

The Real Issue

PROMPT TO COPY

Role: you are a calm, caring mediator.
Context: I am in conflict with [person, relationship]
about [topic] for [how long]. What happened: [facts].
Task: help me see the real problem beneath the argument.
Format: the real need behind my position, the emotions
at play on both sides, and the one question to settle
first.

What you get

You name the real issue, not just the spark. You only solve well the problem you have truly understood.

PROMPT 02 · UNDERSTAND

The Other Side

PROMPT TO COPY

Role: you are the other party's advocate, honest and fair.
Context: my conflict is about [topic]; from my side, [my version].
Task: describe the situation as the other person likely lives it.
Format: their possible reasons, what they fear losing, and two points where they are probably right.

What you get

You step out of your own version. Understanding them is not agreeing with them, but it already defuses a lot.

PROMPT 03 · PREPARE

The Rehearsed Talk

PROMPT TO COPY

Role: you play the other person so I can practise.
Context: I will speak to [person] about [topic]; they often react with [reaction].
Task: let us simulate the conversation, line by line.
Format: play their part realistically, then tell me what calmed or inflamed it, and how to phrase it better.

What you get

You arrive ready, not caught off guard. The right words come more easily once you have tried them out.

PROMPT 04 · PREPARE

My Needs, Clear

PROMPT TO COPY

Role: you are a coach who clarifies the stakes before a talk.
Context: conflict over [topic] with [person]; I no longer know what I really want.
Task: help me sort the essential from the minor.
Format: what I cannot give up, what I can let go, and my fallback if no agreement is reached.

What you get

You know what truly matters to you. Easier to give on the minor once the essential is clear.

PROMPT 05 · OPEN UP

The Opening Message

PROMPT TO COPY

Role: you are a writer who soothes instead of attacking.
Context: I want to invite [person] to talk about [topic] without putting them on the defensive.
Task: write a short message that opens a dialogue.
Format: calm tone, I speak of how I feel rather than blaming, and I offer a time to talk.

What you get

A first step that opens instead of cornering. The other person wants to reply, not to defend themselves.

Listening That Defuses

PROMPT TO COPY

Role: you are an expert in nonviolent communication.
Context: during the talk about [topic], the other may shut down or get upset.
Task: give me what I need to listen and defuse in the moment.
Format: three open questions, two lines that acknowledge their feelings, and what to do if the tone rises.

What you get

You keep the dialogue alive even when it heats up. Real listening often lets the tension settle.

PROMPT 07 · RESOLVE

The Common Ground

PROMPT TO COPY

Role: you are a mediator who seeks win-win solutions.
Context: with [person], we are stuck on [topic]; each wants [position A] against [position B].
Task: propose realistic compromises.
Format: three paths to agreement that honour both needs, from the simplest to the most ambitious.

What you get

Solutions on the table, not just positions. You move from a standoff to a shared search.

PROMPT 08 · RESOLVE

The Agreement, Set

PROMPT TO COPY

Role: you are an assistant who puts an agreement in writing.
Context: with [person], we agreed on [solution] for [topic].
Task: write a simple, neutral recap.
Format: who does what, by when, and how we check it is kept, in a few friendly lines.

What you get

A clear agreement both hold in mind the same way. Fewer misunderstandings, fewer relapses.

The Bond, Rebuilt

PROMPT TO COPY

Role: you are an adviser who helps reconnect after tension.
Context: the conflict with [person] over [topic] is settled, but the bond is still fragile.
Task: help me reach back out calmly.
Format: a small sincere gesture or word, what is better left unmentioned, and how to start fresh.

What you get

The relationship starts again, lighter. A conflict faced together can even strengthen a bond.

PROMPT 10 · REPAIR

The Calm Escalation

PROMPT TO COPY

Role: you are a guide to options when talking is not enough.
Context: despite my efforts, the conflict over [topic] with [person] stays stuck.
Task: show me how to move forward without inflaming it.
Format: the possible options (a trusted third party, mediator, official route), the order to follow, and how to stay factual.

What you get

You move forward without burning it down. When talking is not enough, a neutral frame protects the bond and your rights.

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