

HEAD+HEART CHECK JOURNAL

SELF-RESPECT+CONFLICT RESOLUTION

CAMERON K. GALLAGHER FOUNDATION



This journal was designed by the
Cameron K. Gallagher Foundation in
partnership with **Henrico Area Mental
Health and Developmental Services.**

THIS JOURNAL
BELONGS TO:

This journal is designed for informational purposes only and is not intended to diagnose, treat, or provide medical advice. It should not be used as a substitute for professional healthcare or guidance. Always consult with a qualified healthcare provider for any concerns related to your health or well-being.

Welcome to the Head+Heart Check Journal!

We're so glad you're here.

This journal is your space, a place to be honest, curious, messy, and real. It's not about being perfect. It's about getting to know yourself better, understanding how you show up in tough moments, and learning how to hold onto your self-respect while navigating conflict with others.

Self-respect means recognizing your worth, even when you make mistakes or feel unsure. It means listening to your own voice, setting boundaries, and standing up for yourself in ways that are kind to you and others. That can be hard, but it's also powerful.

Conflict is part of life. Whether it's with friends, family, teachers, or even yourself, disagreements happen. What matters most is how you respond. This journal is here to help you slow down, explore your feelings, and find your way through hard conversations without losing who you are.

Inside these pages, you'll find questions, prompts, and reflection spaces designed to help you:

- Understand what respect means to you
- Notice what you feel in moments of tension
- Practice healthy ways to speak up and listen
- Let go of shame and stay grounded in your values

There are no right answers here. Just your truth, your growth, and your willingness to try.

Take your time. Be kind to yourself. And remember: learning how to treat yourself with respect—and handle conflict without hurting others or shrinking yourself—is one of the strongest things you can do.

You're already doing the work, just by opening this journal.



CONFLICT STYLE

QUESTIONNAIRE

Step 1: Answer the Questions

Circle or check one answer for each question:

1. When someone disagrees with me, I usually:

- a. Ignore it.
- b. Try to keep the peace.
- c. Stand my ground
- d. Look for a win-win.
- e. Give in quickly.

2. When I feel angry during conflict, I usually:

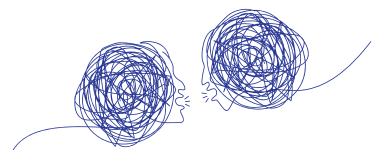
- a. Avoid the person.
- b. Stay calm and go along with it.
- c. Argue back.
- d. Try to understand both sides.
- e. Feel anxious and back down.

3. If a group decision goes against me, I usually:

- a. Stay quiet.
- b. Accept it to avoid tension.
- c. Speak up firmly.
- d. Suggest a compromise.
- e. Let it go, even if I'm upset.

4. When there's a misunderstanding, I usually:

- a. Hope it goes away.
- b. Smooth things over fast.
- c. Defend my point.
- d. Ask questions and listen.
- e. Say "it's fine" even if it's not.



UNDERSTAND YOUR CONFLICT STYLE

Step 2: Add Up Your Scores

Tally how many times you chose each letter:

- A = Avoider
- B = Accommodator
- C = Competitor
- D = Collaborator
- E = Compromiser

Step 3: Understand Your Style

Mostly As = Avoider

You prefer to steer clear of conflict, even if that means leaving issues unresolved. You value peace, but sometimes your needs get ignored.

Strengths: Keeps calm, avoids drama

Growth Tip: Try to express your thoughts instead of retreating.

Mostly Bs = Accommodator

You care about keeping harmony and may put others' needs before your own. This helps relationships, but can lead to resentment.

Strengths: Cooperative, easy-going

Growth Tip: Practice standing up for yourself gently but clearly.



UNDERSTAND YOUR

CONFLICT STYLE

Mostly Cs = Competitor

You like to win arguments and fight for what you believe is right. You're confident, but sometimes that comes off as intense.

Strengths: Direct, determined

Growth Tip: Balance assertiveness with empathy—others matter, too.

Mostly Ds = Collaborator

You believe in solving problems together and finding win-win solutions. You're open-minded and fair.

Strengths: Empathetic, respectful communicator

Growth Tip: Keep practicing—it's not always easy or quick, but it works!

Mostly Es = Compromiser

You try to give a little and get a little. You're willing to meet halfway, which keeps things moving, though it may not fully satisfy either side.

Strengths: Fair, practical

Growth Tip: Sometimes it's worth aiming for more than halfway—collaboration can go deeper.



MATCH THE WORD

WITH THE DEFINITION

Below are key terms related to conflict resolution and respect. Read the words in Column A (Word), then match each word with its correct definition in Column B (Definition). You can draw lines, number them, or rewrite the word next to the definition.

WORD

DEFINITION

1. Respect

A. A disagreement or argument between people.

2. Empathy

B. Treating others in a way that shows you value them.

3. Boundaries

C. A middle-ground solution; both sides give a little.

4. Compromise

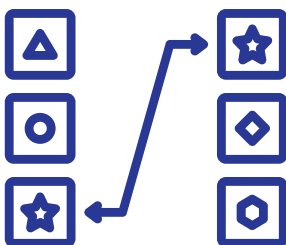
5. Resolution

D. Understanding and sharing someone's feelings.

6. Conflict

E. Setting health emotional or physical limits

F. A solution or agreement after a disagreement.

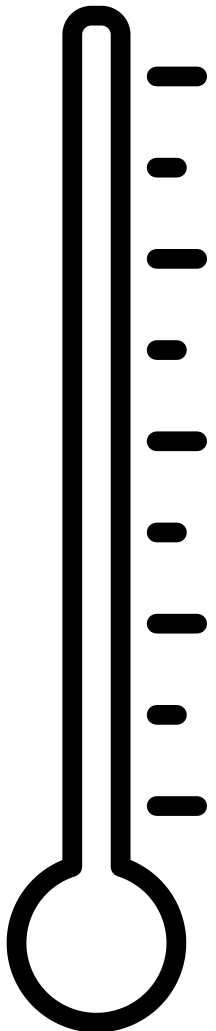


THERMOMETER OF

STRESS

Fill in the thermometer and mark levels of stress rating 1-10 with physical and emotional signs.

Write how you cope at each level.



YES MEANS YES

NO MEANS NO

What factors make a “yes” feel genuine, enthusiastic, and free from pressure?

How does enthusiastic consent (where someone actively wants to participate) change a situation?

Have you ever felt like you weren’t allowed to say “no”? Why?



WHAT REALLY HAPPENED?

SCENARIO REFRAME

Write about a recent argument. Then rewrite the story from the other person's perspective.

Your Perspective:

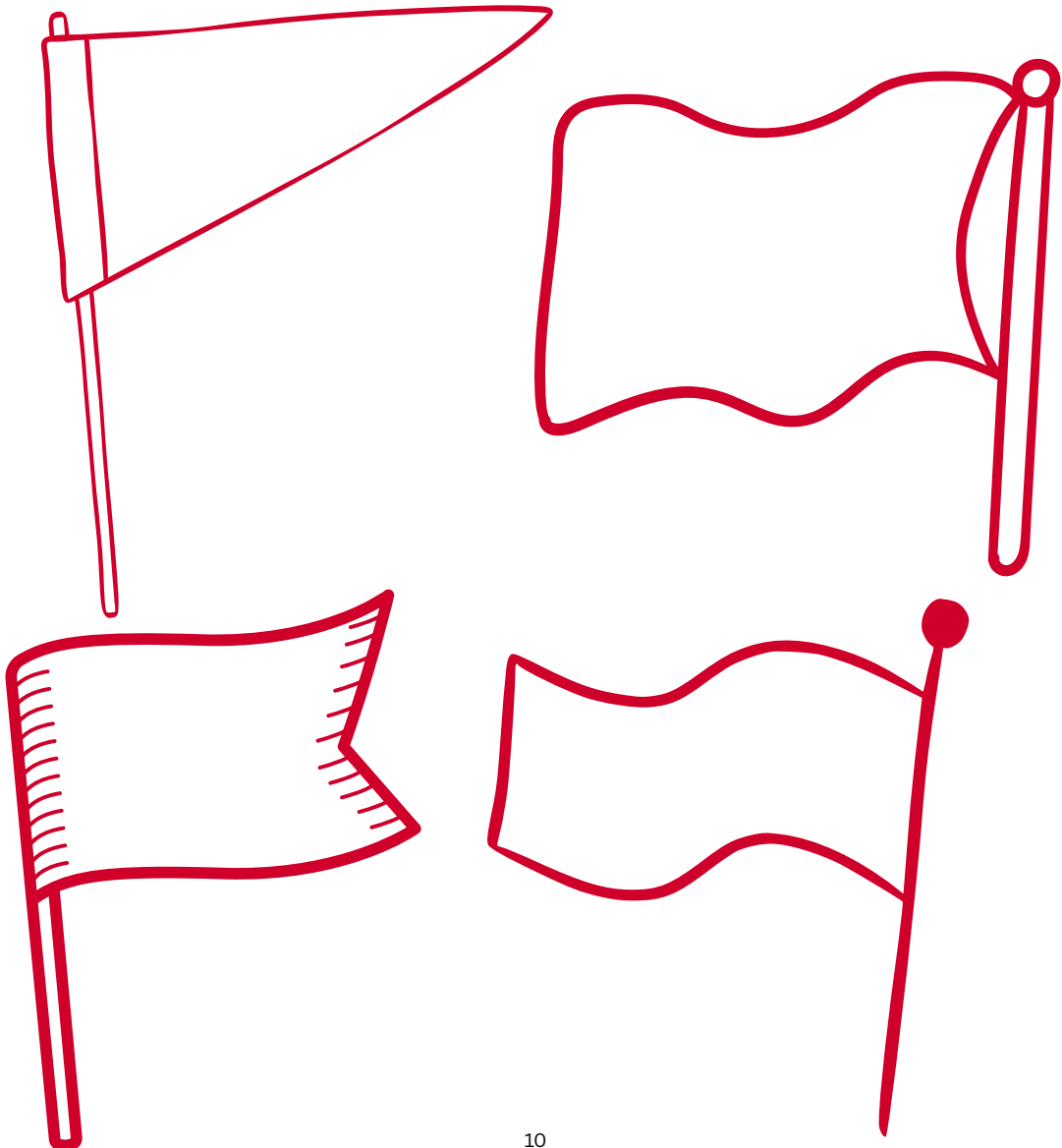
Their Perspective:



DRAW AND IDENTIFY

YOUR RED FLAGS

Fill in your personal red flags – a feeling, phrase, or behavior that signals: someone is crossing a boundary, you feel unsafe or uncomfortable, or you're being pressured or not respected.



FILL IN THE BLANK

REFLECTING ON CHOICES

1. Self-respect feels like _____.
2. A boundary I'm learning to set is _____.
3. I know I'm starting to get overwhelmed when I feel
_____ in my body.
4. Someone I admire for how they handle conflict is
_____.
5. When I feel upset in a disagreement, I usually
_____.
6. One thing that makes it harder for me to stay calm during
conflict is _____.
7. A respectful way I can let someone know how I feel is by saying,
"I feel _____ when
_____."
8. I feel most heard and respected when someone
_____.
9. One thing I'm proud of myself for doing in a past disagreement is
_____.

I AM, I CAN, I WILL

AFFIRMATIONS

Write 10 affirmations starting with "I am," "I can," or "I will" that build self-trust and worth.

1.

2.

3.

4.

5.

6.

7.

8.

9.

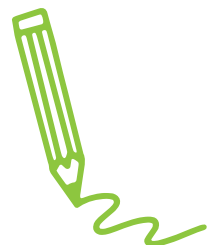
10.



WRITE AN

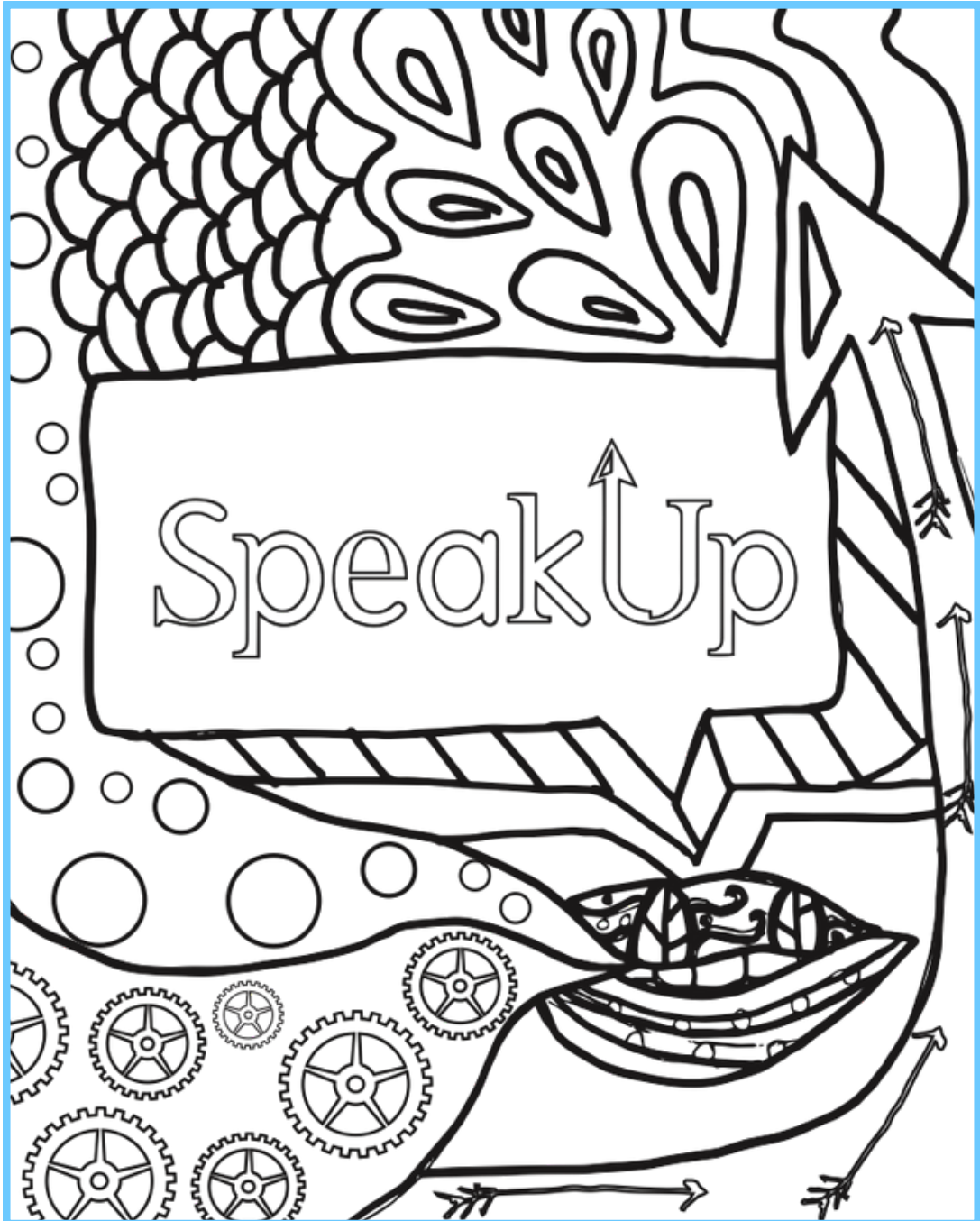
APOLOGY LETTER

Write an honest apology letter, even if you never send it. Reflect on what you learned and how you'd handle it differently.



THERAPEUTIC

COLORING



SAY HELLO TO **CAMERON GALLAGHER**

Cameron Gallagher dreamed of a world without mental health stigma. From experience, she knew the extreme difficulty of facing mental health challenges.



Her heart was filled with purpose to raise awareness and encourage open, supportive conversations. Cameron found encouragement through running and relief from her symptoms of anxiety and depression.

At 16, Cameron took the brave step to go public with her mental health journey. She designed a community 5k event for her cause, the SpeakUp5k. To kick off her dream, she set the bold goal of completing the 2014 Shamrock Half Marathon. And that she did.

Steps after crossing the finish line, Cameron collapsed in her parents' arms and died of an undiagnosed heart condition.



The Cameron K. Gallagher (CKG) Foundation organized and hit the ground running in March of 2014. We exist to perpetuate the one dream of one wise and beautiful young girl.

Our goal is to rid the world of mental health stigma, host the SpeakUp5k the world over and provide original, free teen mental health education. We have achieved a lot. There is more to do.

Learn more at www.ckgfoundation.org.

FREE RESOURCES

FOR YOUR POSITIVE MENTAL HEALTH JOURNEY



Access free
digital mental
health toolkits.



● bloom

Access
resources in
Spanish, Hindi,
French, or
English.

Call or
text this
number
if you
need to.



Discover
resources for
LGBTQ+ youth
to find
belonging and
thrive.



Call 1-800-
838-8238 to
speak with
an advocate.



Text “START”
to 88788 if you
or someone
you love needs
help.

Listen to our
podcast on
Spotify or
Apple
Podcasts.



Text
“LOVEIS” to
22522 for the
youth
helpline.

love is
respect.

SpeakUp

for teen mental health

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