Accept that disagreements can happen due to differing opinions, ideas or issues.

Recognize that constructive disagreement or debate can lead to creativity and learning.

Focus on issues, tasks and goals, not individuals. Follow the ground rules defined in your Team Charter.

Respect others by articulating your needs without accusation. Try to understand the situation before assuming.

Revisit the objectives of the team project and focus on constructive problem solving.

Reference:
https://www.edutopia.org/article/treating-reflection-habit-not-event
https://ecampusontario.pressbooks.pub/paths/