

## HOW DO YOU USUALLY HANDLE CONFLICT?

**Directions:** After each of the following techniques, indicate whether you use it frequently, occasionally, or rarely, by placing a check mark in the appropriate column.

1. Avoid the person.
2. Change the subject.
3. Try to understand the other person's point of view.
4. Try to turn the conflict into a joke.
5. Admit that you are wrong, even if you do not believe you are.
6. Give in.
7. Apologize.
8. Try to narrow down the conflict by identifying specific areas of agreement and disagreement.
9. Try to reach a compromise.
10. Pretend to agree.
11. Get another person to decide who is right.
12. Threaten the other person.
13. Fight it out physically.
14. Whine or complain, until you get your way.
15. Play the martyr; give in, but let the other person know how much you are suffering.

<i>Frequently</i>	<i>Occasionally</i>	<i>Rarely</i>

Analyze your responses on the chart, and determine whether you handle conflict constructively, or seek negative responses too frequently. Explain.

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