

## **CONFLICT**

### **BELIEFS**

- WHAT DO YOU BELIEVE ABOUT CONFLICT?- IT'S- INEVITABLE?, DANGEROUS?, DISASTROUS?, HEALTHY?, EXHAUSTING?, AVOIDABLE?, USELESS?
- DO YOU BELIEVE THAT KEEPING PEACE IN RELATIONSHIPS IS THE MOST IMPORTANT THING?
- DO YOU BELIEVE THAT SOME PEOPLE ARE JUST NO GOOD AND THESE ARE THE ONES WHO CAUSE US PROBLEMS?
- WHAT DO YOU BELIEVE IS THE CAUSE OF SO MANY MISUNDERSTANDINGS IN RELATIONSHIPS?
- WHAT DO YOU BELIEVE IS THE REASON THAT SOME PEOPLE RUB US THE WRONG WAY?
- DO YOU EVER BELIEVE THAT IF YOU DON'T TRY TO CONTROL OTHERS THEY WILL TAKE ADVANTAGE OF YOU?
- WHO DO YOU BELIEVE YOU ARE IN CONFLICT OR COMPETITION WITH?
- WHY DO YOU BELIEVE WE TRY TO HURT SOME PEOPLE?
- WHY DO YOU BELIEVE SOME PEOPLE TRY TO HURT US?

### **EXPERIENCES**

- WHEN WAS THE LAST FIGHT (PHYSICAL OR VERBAL) YOU WERE IN? WHO STARTED IT? WHO WON?
- DO YOU KNOW WHEN TO CHANGE THE SUBJECT?
- WHAT CONFLICTS DO YOU CURRENTLY HAVE IN YOUR LIFE?
- ARE YOU ABLE TO COMPROMISE REALISTICALLY?
- WHEN DID YOU LAST YELL AT SOMEONE? WHAT WERE THE CIRCUMSTANCES? ANY REGRETS?
- PEOPLE WITH WHICH OF THESE TRAITS DO YOU FIND IT EASIEST TO HAVE A CONFLICT WITH?- SELF-RIGHTEOUSNESS, OVERSENSITIVITY, SELFISHNESS, BAD-TEMPER?
- HOW DO YOU FEEL AFTER AN ARGUMENT?
- ONCE YOU HAVE EXPRESSED YOUR ANGER AND A CONFLICT IS OVER, HOW ABLE ARE YOU TO LET IT GO?
- HOW LIKELY ARE YOU TO "ARGUE FOR THE SAKE OF ARGUING"?
- DO YOU TEND TO GET REAL SARCASTIC WHEN THEY SO NOT SHARE YOUR BELIEFS?
- HOW DIFFICULT IS IT FOR YOU TO FORGET HEATED ARGUMENTS?
- WHAT IS YOUR FAVORITE WAY OF AVOIDING CONFLICT? HOW WELL DOES IT WORK FOR YOU?
- ARE YOU THE TYPE OF PERSON WHO TENDS TO ARGUE WITH OTHERS FREQUENTLY?
- WHEN THERE'S A DISAGREEMENT OR HARD FEELINGS BETWEEN YOU AND ANOTHER HOW LIKELY ARE YOU TO TALK THINGS OVER WITH THEM?
- HOW ARE YOU MOST LIKELY TO TREAT SOMEONE YOU HAVE LABELED AN ENEMY?-HURT THEM?, EMBARRASS THEM?, GOSSIP ABOUT THEM?, GET EVEN WITH THEM?, HUMILIATE THEM?, BE SARCASTIC TO THEM?, CRITICIZE THEM?, INSULT THEM?, IGNORE THEM?, PUT THEM DOWN?, GET THEM IN TROUBLE?
- IN A CONFLICT WHAT DO YOU USUALLY DO?-BACK OFF?, LOSE YOUR TEMPER?, CRAWL INTO A SHELL?, TALK IT OUT ?, CONFIDE IN SOMEONE YOU TRUST?, CRY?, GET PHYSICALLY ILL?, TAKE IT OUT ON SOMEONE ELSE?
- AS A CHILD WHEN SOMEONE GOT YOU UPSET WHAT DID YOU USUALLY DO?-CRY?, HIT THE OTHER PERSON?, COVER THE HURT AND GET ANGRY INSTEAD?, SAID IT DIDN'T REALLY MATTER?, RAN AWAY FROM THE PERSON AND THE SITUATION?
- HOW WILLING AND ABLE ARE YOU TO COMPROMISE?
- HOW DO YOU RESPOND WHEN YOU FEEL SOMEONE HAS DONE SOMETHING WRONG TO YOU? CURSE? CRY? FIGHT BACK? AVOID THEM? GIVE IN? SURPRISE ATTACK? TRY TO GET OTHER PEOPLE TO TURN AGAINST THEM?
- WHEN YOU SEE TWO PEOPLE HAVING A PHYSICAL FIGHT WHAT DO YOU DO?
- WHEN YOU SEE TWO PEOPLE HAVING A VERBAL ARGUMENT WHAT DO YOU DO?
- DO YOU ENJOY STARTING AN ARGUMENT? DOES IT MAKE ANY DIFFERENCE IF YOU'RE PRETTY SURE YOU'LL WIN?
- ARE YOU IN AT LEAST ONE ARGUMENT A WEEK?