

Name: \_\_\_\_\_



# Social Side of Conflict Resolution



Each of the social skills below are helpful toward solving conflict.

For each skill, rate yourself **S** for **strength**, **O** for **OK** or **N** for **I need to work on it**.

- \_\_\_\_\_ Listen to others
- \_\_\_\_\_ Understand how others are feeling
- \_\_\_\_\_ Talk positively when upset or angry
- \_\_\_\_\_ Have a positive attitude toward yourself
- \_\_\_\_\_ Have a positive attitude toward others
- \_\_\_\_\_ Act gracefully in awkward or embarrassing situations
- \_\_\_\_\_ Get along with others
- \_\_\_\_\_ Open Minded
- \_\_\_\_\_ Sensitive
- \_\_\_\_\_ Forgiving
- \_\_\_\_\_ Loyal
- \_\_\_\_\_ Dependable
- \_\_\_\_\_ Friendly
- \_\_\_\_\_ Logical or reasonable
- \_\_\_\_\_ Calm or composed under pressure
- \_\_\_\_\_ Flexible or adaptable
- \_\_\_\_\_ Brave, use courage to do the right thing

How could you improve your social skills to become better at conflict resolution? \_\_\_\_\_

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