

Name: _____

How I Handle Conflict

Put a check in the boxes to show how you would typically handle conflict with friends and family.

My Response:

Usually

Sometimes

Never

- | | | | |
|---------------------------------|-----------------------|-----------------------|-----------------------|
| ▪ Raise my voice or yell | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Ignore | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Apologize | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Walk away | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Suggest solutions | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Complain | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Forgive | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Threaten | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Look for a win-win | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Call others names | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Understand all points of view | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Get upset | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Ask for and adult to help | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Use humor | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Cry | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Let others have their way | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Assign Blame | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Work toward agreement | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Make a deal | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Work it out fairly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ▪ Other: _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |