

# Scoring

## "My Responses to Conflict"



In each blank below, write the rating (1 to 5) that you gave to each of the twenty-five behaviors in the rating exercise on responding to conflict. For example, if you rated behavior 1 ("change the subject") as *rarely* used, write the rating number 2 in the blank. Then add the numbers in each column and write the total in the blank labeled "T."

Smoothing	Avoiding	Forcing	Compromising	Problem solving
1. _____	2. _____	3. _____	4. _____	5. _____
6. _____	7. _____	8. _____	9. _____	10. _____
11. _____	12. _____	13. _____	14. _____	15. _____
16. _____	17. _____	18. _____	19. _____	20. _____
21. _____	22. _____	23. _____	24. _____	25. _____
T = _____	T = _____	T = _____	T = _____	T = _____

The total for each column equals your score for the conflict strategy named at the top of that column. The higher your score for a given conflict strategy, the more frequently you tend to use that strategy.

What are your reactions to your scores for the different conflict strategies? Describe your reactions in the space provided here: