

My Responses to Conflict



Below are some behaviors that people use as responses to conflict. Rate each behavior according to how often you use it in conflicts with friends or acquaintances, by putting an X on the appropriate circle.

Never
Rarely
Sometimes
Frequently
Always

- ① ② ③ ④ ⑤ 1. Change the subject
- ① ② ③ ④ ⑤ 2. Clam up
- ① ② ③ ④ ⑤ 3. Ignore the other person's feelings
- ① ② ③ ④ ⑤ 4. Give in to end the discussion
- ① ② ③ ④ ⑤ 5. Help the other person clarify his or her message
- ① ② ③ ④ ⑤ 6. Avoid rocking the boat
- ① ② ③ ④ ⑤ 7. Go for a walk (alone)
- ① ② ③ ④ ⑤ 8. Shout
- ① ② ③ ④ ⑤ 9. Give up something for something in return
- ① ② ③ ④ ⑤ 10. Look for a solution that is both acceptable and good
- ① ② ③ ④ ⑤ 11. Agree to a solution that satisfies the other person
- ① ② ③ ④ ⑤ 12. Avoid the other person
- ① ② ③ ④ ⑤ 13. Use an ultimatum
- ① ② ③ ④ ⑤ 14. Try to make a fair deal
- ① ② ③ ④ ⑤ 15. Look beyond the first possible solution
- ① ② ③ ④ ⑤ 16. Smooth things out
- ① ② ③ ④ ⑤ 17. Leave the other person alone
- ① ② ③ ④ ⑤ 18. Be stubborn
- ① ② ③ ④ ⑤ 19. Back off on some of my demands
- ① ② ③ ④ ⑤ 20. Seek to satisfy both of us totally
- ① ② ③ ④ ⑤ 21. Pretend that everything is okay
- ① ② ③ ④ ⑤ 22. Get uptight and don't say anything
- ① ② ③ ④ ⑤ 23. Dominate the discussion
- ① ② ③ ④ ⑤ 24. Save time by giving in to half of what the other person wants
- ① ② ③ ④ ⑤ 25. Seek to mutually define the problem