

## CONFLICT MANAGEMENT STYLES

Important to understand our conflict management styles when we are dealing with people in different settings.

How do you manage conflict?

		Often	Sometimes	Never
1	Avoid the issue			
2	Become physically aggressive			
3	Give in			
4	Search for solutions by talking to others			
5	Stick to my opinion and advocate for it			
6	Complain about it to someone			
7	Soothe the person's emotion			
8	Try to reach a compromise			
9	Cry			
10	Withdraw from the situation			
11	Let the other person have their way			
12	Yell at the other person			
13	Agree with other to avoid any disagreement			
14	Try to understand other persons perspective			
15	Try to negotiate			
16	You believe you are right and do not want to lose the argument			

