**Discovering Your Conflict Style Assignment**

**Family and Gender Studies 10-12**

**From *Glencoe Families Today pages 118-133***

How do you handle conflict?

You probably know that even the best relationships will have areas of conflict. How this conflict is handled will have a profound effect on that relationship. The first step in handling conflict is to look at your conflict style. Follow the prompts below to describe three conflicts you recently experienced.

**Conflict #1**

**People and viewpoints involved:**

**How I handled the conflict:**

**Things that seemed to work:**

**Things that I would do differently:**

**Conflict #2**

**People and viewpoints involved:**

**How I handled the conflict:**

**Things that seemed to work:**

**Things that I would do differently:**

**Conflict #3**

**People and viewpoints involved:**

**How I handled the conflict:**

**Things that seemed to work:**

**Things that I would do differently:**

**Complete the chart below as honestly as you can by placing a check mark in the column which best describes your use of each skill.**

**In handling conflict, do you Never Seldom Often Always**

**Listen**

**Look for other points of view**

**Use I-messages**

**Stick to the point**

**Use good timing**

**Show respect**

**Avoid physical confrontation**

**Control emotions**

**Negotiate**

**Compromise**

**Walk away when necessary**

**Questions:**

1. Does your conflict style seem constructive or destructive? Explain why you chose the answer that you did.
2. Are there things you can do to improve your conflict style? What are they?
3. What are some of the benefits to developing a constructive conflict style?