

# HOW DO YOU ACT IN CONFLICT?

This activity is intended to make you aware of how you act when you are in a conflict situation. This is just for your information.

Everyone's responses will be different. Your response will depend on your life experiences. Read the following statements and check all that apply to you

Feel uncomfortable with conflict so avoid it altogether	Get visibly angry
Use put downs	Take deep breaths
Continually hint at the problem instead of addressing it directly with the other person	Sigh a lot and <i>roll your eyes</i> when the person is talking to you about the problem
Feel badly and apologize a lot to the other person	Say " <i>Whatever!</i> " and act like you don't care
Throw a tantrum	Don't listen and ignore what the other person is saying
Hit something or someone	Blame the other person because they don't agree with your point of view
Yell or scream	Send a text so you do not have to talk to the person face-to-face
Use the <i>silent treatment</i> when you are upset with someone about something	Bring up things from the past to make another person feel bad
Try to be reasonable and calm; talk about the problem	Make excuses for your behaviour
Pretend nothing is wrong	Let the other person have their way
Continually change the subject	Talk to a friend about the conflict and ask for advice on how to deal with it
Deny your responsibility in the conflict	Confront the other person
Suggest a compromise to resolve conflict and try to smooth things over	Think about how you can change your behaviour
Involve others in the conflict by trying to get them on your side	Use violence or aggression to deal with the conflict

Adapted from *Introduction to: Conflict Resolution: Participants' Resource Guide* with permission from YOU CAN, youcan.ca.

**What problem-solving skills you would like to change or make better or keep working on?**

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