

Summarizing My Current Ability to Manage Conflict

Think about the interactions that you've had with others recently and your ability to manage conflicts. Reflect on the following questions, and then write a summary sentence for each.

1. Describe a time when you wished you had approached conflict differently.
2. In the last conflict you experienced, were you able to understand the other person's perspective? Why or why not?
3. Describe a time when your efforts to resolve a conflict or disagreement didn't go well or when have you simply avoided the issue.
4. Do you typically stop and consider the reasons behind conflicts when you are experiencing tension or disagreeing with another person?
5. How well are you able to pause and try to understand the perspectives of all people involved in the conflict?
6. Describe some strategies you currently use to manage or resolve conflicts with others.