Understanding the Five Conflict Management Styles

You will take the Conflict Management Styles Assessment to help you determine how you usually respond to conflict. You should think about each response and consider how you would usually respond. The more thought and consideration you give to your answers, the more accurate the results will be.

Which style is your highest? If two styles have the same score, use the definitions to evaluate your recent responses to conflict and determine which belongs higher on your list.

My go-to conflict management style is:

Discuss and respond to the following prompts.

1. List 3–4 examples of conflicts in which your preferred conflict management style would be appropriate and a good choice.

2. List 3–4 examples of conflicts in which your conflict management style would not be the best option and describe why.