

What is My Conflict Style?

Name _____

- 1. Someone in your group of friends always gets her/his own way. You would like everyone to have a say.**
 - a. You express your opinion that everyone should have a say, and then ask the others in the group for their opinions.
 - b. You tell the person that it ticks you off that he/she always gets her/his own way.
 - c. You get others in the group to do something together without this person.

- 2. Someone you don't know very well makes a joke about your outfit that you are wearing today.**
 - a. You tell the person off to his/her face.
 - b. You refuse to talk to the person but talk trash about him/her to others.
 - c. You tell the person how his/her remark really bothered you.

- 3. You want to go to a party this weekend. You know that when you ask your parents if you can go, they'll call the parents of the person who's having the party and check it out.**
 - a. You tell your parents about the party, and discuss how you would handle certain situations that might come up.
 - b. You tell your parents that you're going to the party. When they say no, you complain (with lots of emotion) about how they don't trust you.
 - c. You tell your parents you're spending the night at a friend's house, and go to the party without them knowing about it.

- 4. You study hard for a test by using the outline and notes provided by your teacher, but the test is mostly about topics that were not on the outline and notes.**
 - a. You accept the grade you got on the test and decide you will ignore all the future study outlines from the teacher.
 - b. You tell the teacher that you studied from the outline and the notes and understood the material, but that most of the items on the test were not in the notes or outline. You ask how you should study for the next test, and ask the teacher to talk to the class about this.
 - c. You get a group of students together who are all mad about their test grades and you all confront the teacher with your complaints.

- 5. Your school just made a new rule that you think is unfair.**
 - a. You begrudgingly go along with the rule, and count the days until you graduate.
 - b. You openly break the rule.
 - c. You get a group of students together and ask for a meeting with the principal.

- 6. You bought tickets to a concert for both you and your friend, but she/he still hasn't paid you back.**
 - a. You stop doing things with that person.
 - b. You tell the person you need to be repaid, and ask if he/she is having a problem paying it back.
 - c. You confront the person in front of other friends, hoping she/he will be so embarrassed and pay up.

- 7. A teammate is always crashing into you during practice. You make suggestions to the person about ways to improve. The teammate gets mad and challenges you to a fight.**
 - a. You walk away and avoid the person as much as possible.
 - b. You fight the person and settle things once and for all.
 - c. You say you don't want to fight about this, and suggest getting together to talk about it once you're both calmed down.

- 8. Your sister/brother always seems to know how to push your buttons.**
 - a. You go into your room and lock your door.
 - b. You blow up at her/him on a regular basis.
 - c. You ask mom or dad to have a family discussion about the problem.

- 9. A friend plays a joke on you that is really embarrassing.**
 - a. You let it go and act like it didn't really bother you.
 - b. You tell the person that you didn't like the joke at all and ask why he/she did it.
 - c. You play a really mean joke on the friend so he/she will know how it feels.

- 10. You find out that a friend is now dating your old boyfriend/girlfriend. It doesn't sit well with you that he/she never told you about it, or asked about your feelings.**
 - a. You tell the person she/he isn't a true friend, because friends don't act that way.
 - b. You retaliate by getting your other friends to ignore her/him.
 - c. You talk to the person privately about your feelings.