

1 Think of a conflict you are having now or recently had and answer the following questions:

How is this conflict making me feel?

Why is it making me feel this way?

How is it like other conflicts in the past that made me feel this way?

What am I really arguing about?

Now, what can I do differently to achieve a better outcome?

2 When I'm in a disagreement, I typically feel: _____
(anger, fear, anxiety, annoyance, sadness, discouraged, frustrated, guilty, apathetic)

3 The style I typically default to is *(circle)*:

Competing Avoiding Accommodating Collaborating Compromising

4 Is there a habitual emotion I fall into during conflict that drives me to use this style?

5 What can I do to catch this habitual emotion when it arises, and then how can I redirect my focus more clearly to the issue at hand?