Unit: Conflict Resolution

Skill 38: Mapping the Conflict

Activity B: Coping With Conflict

Worksheet

Self Reflection Questions

1. How do you generally cope with conflict?

2. Does your reaction change depending on the situation and/or people involved?

3. Which coping strategy is the most effective way to respond to conflict? Why?

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements. UW-Extension, Quad Counties, 161 West Wisconsin AV, Suite 6000, Milwaukee, WI 53203. Copyright protected.