



Unit: Conflict Resolution
Skill 38: Mapping the Conflict
Activity B: Coping With Conflict

Worksheet

How Do You Cope With The Conflicts In Your Life?

Avoidance-You stay away from conflict. You make yourself unavailable to engage in conflict.

Advantages:

Disadvantages:

Accommodation- You make adjustments in goals and/ or values to resolve conflict.

Advantages:

Disadvantages:

Collaboration- You organize all parties involved in the conflict to work toward a common goal and the needs of both parties are met through the solution.

Advantages:

Disadvantages:

Compromise- You are willing to settle a conflict with the agreement that all parties involved will accept less than what they originally wanted. There are some values and/or goals that you will not adapt.

Advantages:

Disadvantages:

Competition- Your goal is to win the conflict. You will *not* adapt your values and/or goals.

Advantages:

Disadvantages: