

WHAT IS YOUR CONFLICT STYLE?

Following are several pairs of statements describing possible behavioral responses to conflict. For each pair, circle the “A” or “B” statement which is most characteristic of your behavior. Even if neither is very typical of your behavior, select the response you would be more likely to use.

1. A. There are times when I let others take responsibility for solving the problem.
 B. Rather than negotiating the things on which we disagree, I try to stress the things upon which we both agree.
2. A. I try to find a compromise solution.
 B. I attempt to deal with all of my and the other person’s concerns.
3. A. I am usually firm in pursuing my goals.
 B. I might try to soothe the other’s feelings in order to preserve our relationship.
4. A. I try to find a compromise solution.
 B. I sometimes sacrifice my own wishes for the wishes of the other person.
5. A. I consistently seek the other’s help in working out a solution.
 B. I try to do what is necessary to avoid useless tension.
6. A. I try to avoid creating unpleasantness for myself.
 B. I try to win my position.
7. A. I try to postpone the issue until I have had some time to think it over.
 B. I give up some points in exchange for others.
8. A. I am usually firm in pursuing my goals.
 B. I attempt to get all concerns and issues immediately out in the open.
9. A. I feel that differences are not always worth worrying about.
 B. I make some effort to get my way.
10. A. I am firm in pursuing my goals.
 B. I try to find a compromise solution.
11. A. I attempt to get all concerns and issues immediately out in the open.
 B. I might try to soothe the other’s feelings in order to preserve our relationship.
12. A. I sometimes avoid taking positions which would create controversy.
 B. I will let others have some of their positions if they let me have some of mine.
13. A. I propose a middle ground.
 B. I press to get my points made.
14. A. I tell people my ideas and ask for their ideas.
 B. I try to show the logic and benefits of my position.

15. A. I might try to soothe the other's feelings in order to preserve our relationship.
B. I try to do what is necessary to avoid tensions.
16. A. I try not to hurt the other's feelings.
B. I try to convince the other person of the merits of my position.
17. A. I am usually firm in pursuing my goals.
B. I try to do what is necessary to avoid useless tensions.
18. A. If it makes people happy, I let them maintain their views.
B. I will let them have some of their positions if they let me have some of mine.
19. A. I attempt to get all concerns and issues immediately out in the open.
B. I try to postpone the issue until I have had some time to think it over.
20. A. I attempt to immediately work through our differences.
B. I try to find a fair combination of gains and losses for both of us.
21. A. In approaching negotiations, I try to be considerate of the other person's wishes.
B. I always lean toward a direct discussion of the problem.
22. A. I try to find a position that is intermediate between the two positions.
B. I assert my wishes.
23. A. I am very often concerned with satisfying all our wishes.
B. There are times when I let others take responsibility for solving the problem.
24. A. If the others' positions seem very important to them, I would try to meet their wishes.
B. I try to get the other person to settle for a compromise.
25. A. I try to show the logic and benefits of my position.
B. In approaching negotiations, I try to be considerate of the other person's wishes.
26. A. I propose a middle ground.
B. I am nearly always concerned with satisfying all our wishes.
27. A. I sometimes avoid taking positions that would create controversy.
B. If it makes other people happy, I let them maintain their views.
28. A. I am usually firm in pursuing my goals.
B. I usually seek the other's help in working out a solution.
29. A. I propose a middle ground.
B. I feel that differences are not always worth worrying about.
30. A. I try not to hurt other's feelings.
B. I always share the problem with the other person so that we can work it out.

CIRCLE THE LETTERS ON THE NEXT PAGE WHICH YOU CIRCLED ON EACH ITEM OF THE QUESTIONNAIRE.

	Competing (Forcing)	Collaborating (Problem Solving)	Compromising (sharing)	Avoiding (withdrawal)	Accommodating (smoothing)
1				A	B
2		B	A		
3	A				B
4		A			B
5		A		B	
6	B			A	
7			B	A	
8	A	B			
9	B			A	
10	A		B		
11		A			B
12			B	A	
13	B		A		
14	B	A			
15				B	A
16	B				A
17	A			B	
18			B		A
19		A		B	
20		A	B		
21		B			A
22	B		A		
23		A		B	
24			B		A
25	A				B
26		B	A		
27				A	B
28	A	B			
29			A	B	
30		B			A

TOTAL NUMBER OF TIMES CIRCLE IN EACH COLUMN

	Competing	Collaborating	Compromising	Avoiding	Accommodating