**How I Handle Conflict**

**Put a tick in the circles to how you would typically handle conflict with friends and family.**

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| **My responses** | **Usually** | **Sometimes** | **Never** |
| **Raise my voice or yell** |  |  |  |
| **Ignore** |  |  |  |
| **Apologise** |  |  |  |
| **Walk away** |  |  |  |
| **Suggest solutions** |  |  |  |
| **Complain** |  |  |  |
| **Forgive** |  |  |  |
| **Threaten** |  |  |  |
| **Look for a win-win** |  |  |  |
| **Call others names** |  |  |  |
| **Understand all points of view** |  |  |  |
| **Get upset** |  |  |  |
| **Ask for adult help** |  |  |  |
| **Use humour** |  |  |  |
| **Cry** |  |  |  |
| **Let others have their way** |  |  |  |
| **Direct blame** |  |  |  |
| **Work towards an agreement** |  |  |  |
| **Make a deal** |  |  |  |
| **Work it our fairly** |  |  |  |
| **Fight** |  |  |  |
| **Other -------------------** |  |  |  |