

How I Handle Conflict

Read each situation, and place a check mark next to the response that best reflects how you would react in that situation.

1. If someone kept saying something I strongly disagreed with, I would . . .
 - a. make a sarcastic comment
 - b. change the subject
 - c. say I was wrong even if I did not think I was, to keep the peace
 - d. none of the above

2. If a friend was angry with me and began to yell and argue, I would . . .
 - a. walk away and avoid the whole thing
 - b. decide my friend was having a bad day and his anger didn't have much to do with me
 - c. yell back
 - d. none of the above

3. If someone who was assigned to work on a school project with me did not do his or her fair share, and as a result I received a poor grade, I would . . .
 - a. tell the person how unfair and lazy he or she was
 - b. complain to the teacher
 - c. forget the whole thing
 - d. none of the above

4. If I found that someone was spreading rumors about me, I would . . .
 - a. confront the person and call him or her a liar
 - b. avoid the person and those who were listening to him or her
 - c. wonder what I did to make the person do that
 - d. none of the above

5. If I told a friend I failed my driver's test, and the friend made fun of me and told everyone about it, I would . . .
 - a. feel hurt but pretend it did not matter
 - b. feel hurt and blame myself for telling that friend in the first place
 - c. tease that friend about something at which I knew she or he had failed
 - d. none of the above

6. If money was missing from the place where I worked, and a coworker told the boss and other people that I might have taken it, I would . . .
- a. wait until after work and have a fight with the coworker
 - b. complain to the boss about how insulted I was
 - c. quit my job
 - d. none of the above
7. If my parents told me on Wednesday that I had to stay home on Friday night to watch my younger siblings, and this would ruin my plans with my friends, I would . . .
- a. stay home, but let my parents know how mad I was by giving everyone the silent treatment
 - b. refuse to do it and leave
 - c. feel that I really should not be angry because my parents probably had a good reason
 - d. none of the above
8. If I were having a difficult time with a class at school, and a classmate made fun of me, I would . . .
- a. pretend I was ill, and skip the class until I could get some help
 - b. start calling the other person names
 - c. ignore the other person
 - d. none of the above
9. If I had been waiting in line to purchase something, and just as I got to the front of the line, the clerk turned to wait on an older person who had just walked up, I would . . .
- a. feel annoyed but do nothing
 - b. make a sarcastic comment
 - c. leave the item on the counter and walk away angry
 - d. none of the above
10. If I had a friend who promised to come over and do homework with me but instead went to the movies with someone else, I would . . .
- a. be embarrassed about being stood up
 - b. tell other friends what a jerk that person was
 - c. avoid that person until he or she apologized to me
 - d. none of the above