

## How Do I Measure Up Using Conflict-Resolution Skills?

Directions: Circle the word under each statement that describes your feelings.

1. It is \_\_\_\_\_ hard for me to stop using aggressive behaviors when in a conflict.  
often                      sometimes                      hardly ever
2. I \_\_\_\_\_ want to stop using aggressive behaviors when in a conflict.  
often                      sometimes                      hardly ever
3. It is \_\_\_\_\_ hard for me to express myself using "I" messages.  
often                      sometimes                      hardly ever
4. I \_\_\_\_\_ want to express myself using "I" messages in conflicts.  
often                      sometimes                      hardly ever
5. It is \_\_\_\_\_ hard for me to try to view the conflict from the other person's perspective.  
often                      sometimes                      hardly ever
6. I \_\_\_\_\_ try to use active listening skills when the other person is expressing his/her feelings and desires.  
often                      sometimes                      hardly ever
7. I am \_\_\_\_\_ able to think of WIN-WIN outcomes when trying to resolve a conflict.  
often                      sometimes                      hardly ever
8. I \_\_\_\_\_ care to think of WIN-WIN outcomes when trying to resolve a conflict.  
often                      sometimes                      hardly ever