

# Conflict Styles Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

*For each of the conflict resolution styles below, decide what the positives and negatives might be.*

| <b>POSITIVES (+)</b>        | <b>NEGATIVES (-)</b>        |
|-----------------------------|-----------------------------|
| Confront / Compete          | Confront / Compete          |
|                             |                             |
| Compromise                  | Compromise                  |
|                             |                             |
| Collaborate / Problem Solve | Collaborate / Problem Solve |
|                             |                             |
| Accomodate                  | Accomodate                  |
|                             |                             |
| Avoid                       | Avoid                       |