Conflict Resolution (Part I)

Everyone gets into conflicts. It happens when you want something, and another person wants something else. How well can you resolve a conflict? Your attitude has a lot to do with it.

Here are four types of attitudes and how they each resolve conflicts.

**Aggressive**

**I WIN/YOU LOSE**

Never give in.

It's not enough that you win, the other person has to lose.

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**Passive**

**YOU WIN/I LOSE**

Always give in.

To keep the peace, you ignore your own needs.

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**Passive-Aggressive**

**I LOSE/YOU LOSE**

Usually give in, but figure out a way to sabotage the other person.

You don't really care if you win, as long as the other person loses, too.

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**Assertive**

**I WIN/YOU WIN**

Compromise in order to get most of what you want.

You stand up for yourself, but you want the other person to be satisfied, too.

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A. Which of these attitudes is best for resolving conflicts so that they stay resolved? Why?

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B. Which of these attitudes is the hardest to deal with? Why?

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C. Which attitude is the hardest one to keep if you are in a conflict? Why?

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