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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.

Passive

YOU WIN/I LOSE

Always give in.

To keep the peace, you ignore your own needs.

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.

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.

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

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

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