

Conflict Resolution: A Self-Assessment

Read the items below. Check the answer that best describes you.

| | NEVER | SOMETIMES | ALWAYS |
|---|--------------------------|--------------------------|--------------------------|
| 1. I know how to face conflict. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I know how to keep a conflict peaceful. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I refuse to fight physically. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I know how to stop fights. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I encourage others to refuse to fight. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I can control my anger. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I ask for help with conflicts I can't solve. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. I know how to tell others when I am angry. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. I avoid using objects to hurt someone. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I can discuss with others to find a solution to a conflict. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. I know how to calm myself down. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |