COMM120

Introspection-Response 3

Ch.11 Managing Conflict

“Problem Solving in Your Life”

# Instructions

Review and use terms discussed about styles of conflict in textbook on pages 327-334. A good overview provides Table 11.1 on page 334.

# Questions to answer for this assignment.

## Recall as many conflicts as possible (minimum of 3) that you have had in one relationship. Identify which approach best characterizes each one: win–lose, lose–lose, compromise, or win–win.

Conflict 1

Conflict 2

Conflict 3

## For each conflict, describe the consequences (for both you and the other person) of this approach.

Conflict 1

Conflict 2

Conflict 3

## Based on your analysis, decide for yourself how successful you and your partner are at managing conflicts. Describe any differences in approach that would result in more satisfying outcomes. Discuss what steps you and your partner could take to make these changes.

Conflict 1

Conflict 2

Conflict 3