

# Conflict style quiz

We can handle conflict in different ways. Answer these questions to get an indication of your conflict management style.

1. You see one of your mates being picked on at lunchtime. Do you:
  - a) Go up to the bully and start a fight?
  - b) Talk to a teacher about the problem to try to sort it out?
  - c) Tell your friend to ignore it and they'll probably stop?
  
2. You overhear a friend saying something bitchy and cruel about you to another student. Do you:
  - a) Pretend nothing happened?
  - b) Go up to them, push them hard and tell them to shut up?
  - c) Ask them to explain what they mean?
  
3. You have been rehearsing with your friends for a competition but you have found out that they have had a rehearsal without you and don't seem to want you involved any more. Do you:
  - a) Speak to your friends and ask them why?
  - b) Tell them you've decided you don't want to be in the competition anymore?
  - c) Turn up at a time you know they are rehearsing without you and demand to know what is going on?
  
4. There is a new teacher in school who always seems to be making negative comments about you which you do not think are fair or justified. Do you:
  - a) Confront the teacher during a lesson and tell him/her that they don't know what they're talking about?
  - b) Ask to see them during a break time to discuss the problem?
  - c) Keep your head down and carry on working hard and hope they change their opinion of you?



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5. It is your best friend's birthday party but you have been grounded for the weekend for always leaving your bedroom in a mess and coming in late. Do you:
- Find something good to watch on TV?
  - Sneak out of the house anyway when no one is looking?
  - Apologise, tidy up and promise to get in on time in future. Explain how important the party is to you and ask if you could stay in on a different day instead?

Use the grid below to add up your score then check below to see what your confrontation style is.

Question 1			Question 2			Question 3			Question 4			Question 5		
a	b	c	a	b	c	a	b	c	a	b	c	a	b	c
3	2	1	1	3	2	2	1	3	3	2	1	1	3	2

### How did you score?

**Mostly 1s:** You tend to avoid problems and do nothing rather than trying to sort problems out. This is very passive behaviour. You must value yourself and respect your own rights. Try to express your opinions in an assertive way. Practise your skills!

**Mostly 2s:** Well done! You try to sort out conflicts in an assertive way. You try to find solutions to problems and deal with things in a healthy and positive way. You express your own opinions confidently but also listen to others as well. Keep it up and don't stop listening to others.

**Mostly 3s:** Be careful, as your way of dealing with problems can be quite aggressive and you may harm others either verbally or physically. There is more than one side to every argument and you must make sure you always respect other people's opinions and beliefs and don't shout them down.



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