

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"/>