

SUPPLEMENT #13
HOW I ACT IN CONFLICTS

The proverbs listed below reflect "traditional" wisdom for resolving conflicts. Using the scale given below, indicate how typical each proverb is of your actions in a conflict:

5 = Very 4 = Frequently 3 = Sometimes 2 = Seldom 1 = Never

- ___ 1. It is easier to refrain than to retreat from a quarrel.
- ___ 2. If you cannot make a person think as you do, make him or her do as you think.
- ___ 3. Soft words win hard hearts.
- ___ 4. You scratch my back, I'll scratch yours.
- ___ 5. Come now and let us reason together.
- ___ 6. When two quarrel, the person who keeps silent first is the most praiseworthy.
- ___ 7. Might overcomes right.
- ___ 8. Smooth words make smooth ways.
- ___ 9. Better half a loaf than no bread at all.
- ___ 10. Truth lies in knowledge, not in majority opinion.
- ___ 11. She/he who fights and runs away lives to fight another day.
- ___ 12. She/he hath conquered well that hath made her/his enemies flee.
- ___ 13. Kill your enemies with kindness.
- ___ 14. A fair exchange brings no quarrel.
- ___ 15. No person has the final answer but every person has a piece to contribute.
- ___ 16. Stay away from people who disagree with you.
- ___ 17. Fields are won by those who believe in winning.
- ___ 18. Kind words are worth much and cost little.
- ___ 19. Tit for tat is fair play.
- ___ 20. Only the person who is willing to give up his or her monopoly on truth can ever profit from the truths that others hold.
- ___ 21. Avoid quarrelsome people as they will only make your life miserable.
- ___ 22. A person who will not flee will make others flee.
- ___ 23. Soft words ensure harmony.
- ___ 24. One gift for another makes good friends.
- ___ 25. Bring your conflicts into the open and face them directly; only then will the best solution be discovered.
- ___ 26. The best way of handling conflicts is to avoid them.
- ___ 27. Put your foot down where you mean to stand.
- ___ 28. Gentleness will triumph over anger.
- ___ 29. Getting part of what you want is better than not getting anything at all.
- ___ 30. Frankness, honesty, and trust will move mountains.
- ___ 31. There is nothing so important you have to fight for it.
- ___ 32. There are two kinds of people in the world, the winners and the losers.
- ___ 33. When one hits you with a stone, hit him/her with a piece of cotton.
- ___ 34. When both people give in halfway, a fair settlement is achieved.
- ___ 35. By digging and digging, the truth is discovered.

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INSTRUCTIONS:

1. Transfer your numbers from the instrument to the Scoring Sheet. Notice that the numbers are arranged ACROSS the page horizontally.
2. Add each column and write your totals at the bottom of the columns.
3. Circle your highest score.
4. Circle your lowest score.
5. Put a check mark next to your second highest score.

SCORING SHEET

Withdrawing The Turtle	Forcing The Shark	Smoothing The Teddy Bear	Compromising The Fox	Confronting The Owl
___1	___2	___3	___4	___5
___6	___7	___8	___9	___10
___11	___12	___13	___14	___15
___16	___17	___18	___19	___20
___21	___22	___23	___24	___25
___26	___27	___28	___29	___30
___31	___32	___33	___34	___35
___TOTAL	___TOTAL	___TOTAL	___TOTAL	___TOTAL

INTERPRETATION

- * YOUR HIGHEST SCORE represents the style you use most frequently.
- * YOUR LOWEST SCORE is the style you use least frequently.
- * YOUR SECOND HIGHEST SCORE is your BACKUP style.
- * The higher the total score for each conflict strategy, the more frequently you tend to use that strategy. The lower the total score for each conflict strategy, the less frequently you tend to use that strategy.