# Getting in Touch with Your Conflict Style

**When there is conflict between us, my fiancé’s tendency is to (check all that apply)**

* avoid the whole issue
* become quiet and withdrawn
* become angry
* become aggressive
* try to soothe things
* overcriticize
* respond with humor
* become defensive
* give advice
* get cynical
* respond with sarcasm
* blame me or others
* raise his or her voice or yell
* try to listen
* other: (Please describe.)

**When there is conflict between us, my tendency is to (check all that apply)**

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*Reflecting Together*

1. What aspects of your partner’s way of handling conflict do you find helpful? In other words, what does he or she do or say that helps in the resolution of conflict?
2. Is there anything about your partner’s way of handling conflict that you do not find helpful in resolving conflict between the two of you?
3. Describe how your own parents resolved conflict in your family. Utilize the checklist provided above.
4. What positive messages and behaviors did you learn from your parents about dealing with disagreements and conflict?