

Getting in Touch with Your Conflict Style

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

- | | |
|--------------------------------------------------|------------------------------------------------------|
| <input type="radio"/> avoid the whole issue | <input type="radio"/> give advice |
| <input type="radio"/> become quiet and withdrawn | <input type="radio"/> get cynical |
| <input type="radio"/> become angry | <input type="radio"/> respond with sarcasm |
| <input type="radio"/> become aggressive | <input type="radio"/> blame me or others |
| <input type="radio"/> try to soothe things | <input type="radio"/> raise his or her voice or yell |
| <input type="radio"/> overcriticize | <input type="radio"/> try to listen |
| <input type="radio"/> respond with humor | <input type="radio"/> other: (Please describe.) |
| <input type="radio"/> become defensive | |

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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?