



HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Teens

Reflection Activity #5: Understanding your Conflict Management Style

While it may be hard to accept, conflict is a normal part of relationships, whether they be romantic relationships or relationships with family, friends, or other individuals in your life. It's important that you are self-aware of how you typically behave during periods of conflict and if needed, that you "check yourself!!"

Looking at the table below with your partner, circle the words that describe how you feel and/or act during conflict. If you're not in a dating relationship, think about how you handle conflict in other relationships (i.e. friendships, relationships with family members, etc.). When you're finished, compare your responses with your partner's to see which items are similar and/or different between you. Finally, put a star next to any words you'd like to change.

| Partner A | Partner B |
|------------|------------|
| Peaceful | Peaceful |
| Loud | Loud |
| Volatile | Volatile |
| Respectful | Respectful |
| Calm | Calm |
| Angry | Angry |
| Violent | Violent |
| Avoidant | Avoidant |

| | |
|--------------|--------------|
| Aggressive | Aggressive |
| Quiet | Quiet |
| Regretful | Regretful |
| Hurtful | Hurtful |
| Nonchalant | Nonchalant |
| Attentive | Attentive |
| Embarrassing | Embarrassing |
| Nervous | Nervous |
| Sad | Sad |
| Patient | Patient |
| Scared | Scared |
| Frustrated | Frustrated |
| Lonely | Lonely |
| Critical | Critical |
| Withdrawing | Withdrawing |
| Logical | Logical |

*Note: Violence and abuse of any kind (including physical, verbal, emotional, and psychological) are never part of a happy, healthy, and safe relationship. If any of the conflict management styles that you or your partner checked above suggest that there is any form of violence in your relationship, please contact your local domestic violence agency or the [National Domestic Violence Hotline](https://www.ndvh.org/) for additional resources.