

CONFLICT STYLES

How would you rate your own comfort level with conflict?

Not comfortable

Very comfortable

1 2 3 4 5 6 7 8 9 10

Exercise

What was the conflict environment in your home while you were growing up? Were there spirited conversations, or did your family avoid difficult conversations?

What conflict style was accepted and expected in the geographical area where you were raised?

What professional experiences have influenced your ability to engage in unfiltered debate?

What other factors might have affected your comfort with conflict?
