

What is Your Conflict Style?

1. Issues that could cause resentment within the relationship are addressed through discussion.
 - A. Always
 - B. Usually
 - C. Occasionally
 - D. Rarely
 - E. Never
2. The words “never” and “always” are heard during conflicts between partners.
 - A. Always
 - B. Usually
 - C. Occasionally
 - D. Rarely
 - E. Never
3. After conflict, positive feelings for one another are affirmed. (This could be through hugs, positive words or some other method)
 - A. Always
 - B. Usually
 - C. Occasionally
 - D. Rarely
 - E. Never
4. After conflict negative feelings linger for more than a few hours.
 - A. Always
 - B. Usually
 - C. Occasionally
 - D. Rarely
 - E. Never
5. The positive interactions in the relationship far outweigh the negative interactions in the relationship.
 - A. Always
 - B. Usually
 - C. Occasionally
 - D. Rarely
 - E. Never
6. Partners leave conflicts with hurt feelings.
 - A. Always
 - B. Usually
 - C. Occasionally
 - D. Rarely
 - E. Never

7. Negative character traits are brought into arguments (one partner being lazy, selfish, inconsiderate, overly-emotional or totally lacking in emotion).
- A. Always
 - B. Usually
 - C. Occasionally
 - D. Rarely
 - E. Never
8. There are issues contributing to problems in the relationship that are not discussed.
- A. Always
 - B. Usually
 - C. Occasionally
 - D. Rarely
 - E. Never