

The Conflict Cycle Reflection

Directions: Ask yourself, how was conflict dealt with in my family? How do I deal with conflict as an adult? When conflict arose in your family did you compete, collaborate, compromise, avoid, or accommodate? Try several approaches?

Complete The Conflict Cycle Reflection by following the arrows and write an answer below each heading. Knowing your cycle can help you and the other person learn from the conflict and reach a more desirable outcome.

Conflict that You Developed as a Child

Outcome

Think of a conflict

What I Do When Conflict Occurs

Secret #5: LET YOUR VALUES BE YOUR COMPASS (p. 83, *Change Pain To Gain: The Secrets Of Turning Conflict Into Opportunity*, 2015. Used with permission by Patricia McGinnis.)