

# Self-Assessment

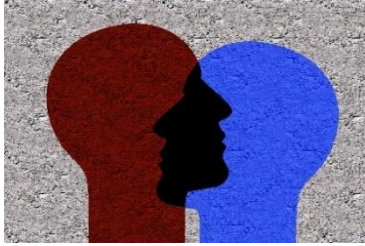
Resolving conflict and disagreements at work

From time to time we all have a conflict or disagreement at work. Some express their thoughts openly; others are keeping their thoughts to themselves. Check with this self-assessment what impact conflict has on you.

Think about the people you are working with...	Yes/No
Do you currently have a conflict or a disagreement?	
Do you feel negative about a person you are working with?	
Do you think someone has resentments about you?	
Are you usually thinking about a conflict or a disagreement for a few days?	
Are you avoiding contact with someone at work?	
Do you regret having said or done something in the heat of the moment?	
Do you feel that some people are very difficult to work with?	
Have you had a conflict or disagreement that you felt was not resolved?	
Is keeping peace with someone more important than raising a concern?	
<b>How often did you answer with 'Yes'?</b>	



Select a category below based on your result	
<b>7-9</b>	You agreed with most or all questions. This means that conflict and disagreements are a constant part of your work and remain vastly unresolved. Conflict is impacting your quality of life and your health and wellbeing. Learning new ways of resolving conflict and disagreements can be life changing for you.
<b>4-6</b>	You agreed with about half of the questions. This means that conflict and disagreements are part of your work and some remain unresolved. You are using strategies to deal with conflict that work for you sometimes but not always. You can benefit from adding a few new skills to your current ways of resolving conflict.
<b>0-3</b>	You agreed with only a few the questions. This means that conflict and disagreements have little impact on you or your work. Based on your assessment, you resolve conflict and disagreements successfully. Congratulations! Please ask someone you trust how they feel you are resolving conflict. They may confirm your assessment or give you a different perspective.



# Self-Reflection

Resolving conflict and disagreements at work

How does the conflict impact my life?

How would things be if I am able to resolve the conflict?

When do I want to resolve things?

If I don't want to resolve conflict, what do I want?

What good things could come out of a recent conflict?

What is there to learn about myself from a recent conflict?

What do I want for the relationships at work?

How am I acting in ways I don't like when the other person is around?

Connect on [Facebook](#)

Join the [Facebook Group](#) on resolving differences