



Ways to Resolve a Conflict

Fill out this worksheet to learn about the various ways to resolve a conflict

	What is it?	What is an example?	Pros?	Cons?
Avoiding	Walking away from a conflict	Someone punches you, and you walk away		
Smooth it over	Pretend everything is fine			
Win at all costs	You win, the other person loses			
Compromise	You give up a little of what you wanted, the other person gives up a little of what they wanted			
Win/win negotiation	Both people win			