

Sorting Through Conflict

Some ways of responding to problems are more effective than others. For example, if you flee or avoid the issue, it may not get resolved. Taking an aggressive approach may not help either, as it could make the problem worse. A better approach is to face the issue calmly and thoughtfully. Below are some different ways people handle problems. Decide whether each one is an example of **fleeing**, **fighting**, or **facing** a problem, and write it in the appropriate space.

- Apologizing when wrong

Blaming someone else

Bullying

Compromising or collaborating

Cooling down to think straight

Denying that there’s a problem

Fighting

Asking for help
- Gossiping or back-stabbing

Insulting others

Keeping score to attack later

Pretending to be okay

Running away

Talking to the person

Trying to improve the relationship

Strategy	Examples
Flee (Avoid) 	
Fight (Attack) 	
Face (Address) 	