

# Exercise: Conflict Log

Use the Conflict Log to help you record and observe both your aggressive and passive interpersonal habits. Then, after using the log for a week or longer, ask yourself these questions:

What kinds of needs or situations trigger your use of aggressive or passive strategies?

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Which strategies do you most frequently rely on?

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Are you getting what you want using aggressive or passive strategies?

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What are the most frequent emotional consequences for using these strategies?

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The assertiveness skills in the next chapter will give you more effective alternatives to the aggressive and passive responses you've typically used.

# Conflict Log

Date	My Need	My Behavior	Aversive/Passive Strategy	Consequences