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Personal Conflict Inventory

COMM 410-01

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I’m not exactly sure what strengths on managing conflict with others I have. According to most of the conflicts happened on me, I would become angry or mad easily if people said something really sensitive to me. But I will do introspection after each conflict. For most of the jokes my friends made on me, I will just take it easy and have fun with my friends on that joke.

As I said, I may become angry and mad easily. This is the one of the significant weakness I have when managing conflicts. What’s more, I’m really weak at communicate with others.

Here are the descriptions about my strength and weakness from my three important people:

One of my best friend claimed my strength is that I can skip the conflict by end of the conversation, which means I don’t talk a lot if a conflict happened so that I won’t make more trouble or conflict with others. Then she said that not dealing with/ignore the conflict is my weakness. “Your strength should be that you won’t make more trouble unreasonable after a conflict.” Another friend said, “and the weakness, you will yell to others.” The last interviewer thinks I don’t have any strength on managing conflict, and impulse is my weakness.

Compared to the lists between my friends’ and mine, I find they are very similar. In short, I’m an impulsive person who is lack of communication ability, but won’t let the conflict become worse.

The three conflict management goals I’d like to accomplish are: control my emotion not easily to be switched by others’ words and control myself not to become mad or not to yell easily if a conflict is occurred, improve communication skills so I can talk to them instead of mad and yell, and enforce myself to deal with the conflict.

For the first goal, I need to improve my emotional self-awareness. Each time someone’s words make me unhappy, I will try to tell myself that is just a joke

Communication skill is necessary for me to accomplish the second goal.