Activity 1.3 Using Values to Understand Conflict

**Click here to download the activity below and enter your responses directly into the PDF.**

**Instructions:**Now that we understand how values can influence behavior, think for a moment about a behavior you recently noticed but didn’t understand or didn’t like in a friend, family member, romantic partner, or co-worker. It might even be something that caused a conflict between the two of you.

1. In a few sentences, briefly describe what the person did or said that bothered you.

Some classmates and I were working on homework together. We had specified a time, but one person didn’t attend at that time, and later tried to just copy what we had without trying himself.

1. What value or values can you think of that may have been at the root of the person’s behavior or belief? Remember to frame values as a positive outcome, rather than in negative terms (for example, excitement rather than instability). If you have trouble thinking of anything positive, look back at the lists of terminal and instrumental values in [**Activity 1.2**](https://jigsaw.yuzu.com/books/9780134416625/epub/OPS/xhtml/fileP7000498981000000000000000005DA8.xhtml?favre=brett#P7000498981000000000000000005DF7) for some ideas. Explain how that value could have influenced the other person’s behavior or belief.

I think

1. What value or values are important to *you* that may be in conflict with the value(s) demonstrated by the other person in this situation?
2. What thoughts do you have about the situation now, after examining it from a values perspective?

Activity 2.1 The Twenty Statements Test

Instructions:

Use 20 different words or phrases to complete the statement “I am .” If you get stuck, consider your physical traits, personality characteristics, relationships, social roles, jobs, hobbies, values, strengths, and weaknesses.

I am a son

I am a grandson

I am a boyfriend

I am a dog dad

I am a male

I am quiet

I am introverted

I am a nerd

I am a bad communicator

I am a detailer

I am a programmer

I am a gamer

I am a sushi lover

I am responsible

I am reliable

I am collector

I am organized

I am clean

I am hispanic

I am impulsive

After you complete this task, reflect on this exercise by answering the Reflection Questions that follow.

Reflection Questions:

How difficult was it to fill in all 20 spaces? At what point did you start to have trouble?

It was moderate

Randomly choose three numbers between 1 and 20. 5 16 12

Now, cross off the words on your list that correspond to the numbers you randomly chose, and imagine that you do not possess those qualities. Imagine how that might come about, and how it would affect you.

a. I thought that Activity 1.3 was interesting and provided insight. This activity made me take a deeper look at conflict and allowed me to view it from a different perspective. Usually, when you think of conflict, the first thing that comes to mind is “bad”. I had to look back the terminal and instrumental values to find something positive. This activity is beneficial as it helped me look at conflict in a positive way rather than a negative way from the start.

b. During the exercise where we had to remove the 3 random items, I found that it would have a big impact on who I am. 2 out of the 3 items that were removed would completely change my identity and take away some of my biggest traits. The removed items were related to my passion for computing. If I did not posses these, then I would be a totally different person.

c. Accomplishment, independent, responsible. The values that I consider to be my most important values are accomplishment, independent, and responsible. These values influence the way I interact with others in a few ways. I appreciate responsibility and like to act independently. This impacts how I interact with others because I don’t rely on those who don’t value responsibility. These also affect how I view the world in that I see how much responsibility we must take on in the world.

d. The things I learned about myself from these activities will influence my future work with others. I think the most beneficial activity for me was using values to understand conflict. I believe that if I don’t look at conflict in a negative way, it will have a positive impact on future work relationships and friendships.