

Conflict Records

Instructions: Make 10 copies of this record. Over the next number of weeks, observe your conflicts and fill out a record for each one. After you accumulate 10 or more, you should be ready to write your paper.

Interpersonal Conflict Record

Date: 08/30 Time: 17:00 (AM/PM) Length of argument (time): 1.5 hours

Topic/Issue of conflict:

A friend of mine posted something on social media so I asked them if they understood how their post could be interpreted poorly.

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

The posting on social media, and my response to the posting.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

It was an argument over social media. The person I was arguing with you not address the questions I was asking, would change the subject, and dismiss my comments because I "didn't know what I was talking about"

Emotions you experienced:

Anger, disbelief, and a little bit of humor

How did it end?

I stopped responding after I realized this person wasn't going to actually answer anything I was talking about. They later deleted the post and removed me from all their social media accounts.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 9/2 Time: 23:00 (AM/PM) Length of argument (time): 1 hour

Topic/Issue of conflict:

My roommate waited for me to go to sleep so he could bring a girl back to the room without asking me.

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

I woke up as he opened the door and started asking him who she was, and told him it wasn't okay if she stayed in our room tonight.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

Verbal argument about her staying, and vilifying me for not wanting her to stay, and making light of the conflict.

Emotions you experienced:

Annoyance and slight disgust

How did it end?

She left, but he tried to bring her back later. Eventually I moved out of this house and found a new place to live.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 9/7 Time: 14:30 (AM/PM) Length of argument (time): 1 hour

Topic/Issue of conflict:

I have been struggling with some injuries and my coach wants me to run more miles and do harder workouts.

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

I had a weekly meeting with my cross country coach about my training and injuries and he wanted to know how I was feeling.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

Changing the subject to talk about other athletes who have done the training he wants me to do, and making light of how serious my injuries actually were.

Emotions you experienced:

Disappointment and burnt out from having this conversation before.

How did it end?

He still wanted me to do more miles, but made me feel a little better by saying it would be okay if I just worked towards that instead of trying to make the jump immediatly.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 9/9 Time: 22:00 (AM/PM) Length of argument (time): 20 minutes

Topic/Issue of conflict:

My roommate brought a different girl back to the house this week and didn't ask if she could stay here. Instead he left her in the house by herself with no one else here.

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

I walked into the house and found this girl sleeping in my roommate's bed with no one else in the house. I called my roommate and told him I was kicking her out because he wasn't here and didn't ask me if she could be in our shared room.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

Verbal argument.

Emotions you experienced:

Annoyed and frustrated that he keeps doing things like this and worried about her going through things in the house.

How did it end?

I kicked her out of the house and told her she could come back with my roommate. He told me it was "uncool to do" and then we left it at that.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 9/17 Time: 14:45 (AM/PM) Length of argument (time): 15 minutes

Topic/Issue of conflict:

My professor decided to change the assignment for the program we had to write and it was still due on the same day (tonight)

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

A couple students asked questions about the homework due tonight, and he changed what he wanted us to do on the spot. I asked him why he wasn't clear at the start of the assignment and why he wouldn't give us more time for a new program.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

Verbal argument about the assignment

Emotions you experienced:

Anxiety about confronting my professor and a little bit of anger about having to do a different assignment with less time.

How did it end?

The professor gave us one extra day to complete the assignment after other students started joining me in the argument.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 09/29 Time: 14:00 (AM/PM) Length of argument (time): 45 minutes

Topic/Issue of conflict:

As I near graduation my parents want me to start looking for a job, but I want to try to be a professional runner for at least a year.

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

My mom and I were talking about finances and how I would live after college. Right now I have school paid for, but if I don't have a job I have about 2 months of rent until I would need to get a job. My parents wants what's best for me, and they don't think being a professional runner will pay the bills

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

We got into a verbal argument, and I would try to change the subject from finances and bring up other runners who have done this out of college.

Emotions you experienced:

Disappointment, stress, anxiety, and a small amount of anger.

How did it end?

We both conceded that it's a possibility for me to run, but at the same time I have to be realistic. I don't have money to fund this, and if I can't get a contract, then I have to get a job.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 09/29 Time: 10:00 (AM/PM) Length of argument (time): 2 hours

Topic/Issue of conflict:

Trying to plan a travel itinerary for a trip this winter with my family.

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

The cost of the trip and the dates that everyone wanted to travel. People wanted to go to different places on different dates and no one could agree on where to go.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

Verbal arguments, passive aggressive comments, and lack of communication

Emotions you experienced:

Stress and annoyance

How did it end?

Since no one could agree on a trip we canceled it and we'll try to do it again some other time.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 9/30 Time: 11:00 (AM/PM) Length of argument (time): 1.5 hours

Topic/Issue of conflict:

My younger sister, who goes to school in San Francisco, wanted to take my car and use it until my parents got a new car and gave me their old one.

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

My sister made a comment about how I don't work anymore, yet I still have a car, and she works 40 hours a week babysitting and doesn't have a car.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

My sister would change the subject when I would object to her taking my car. Other than that it was a tame discussion with a lot of back and forth.

Emotions you experienced:

Not too many emotions, just voices being raised occasionally.

How did it end?

My parents decided that my sister would get a week with my car and then during that week we'd decide what would happen after that.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 10/1 Time: 15:00 (AM/PM) Length of argument (time): 30 min

Topic/Issue of conflict:

Booking flights to go visit a friend internationally

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

He needed to know the dates to request time off from work and I wanted to find the flights that were cheapest so I could save some money.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

We argued about when the best time would be for me to come.

Emotions you experienced:

A little bit of irritation

How did it end?

We found dates that were a little more expensive that I would have liked, but he didn't have to request off as many days of work so we compromised.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved

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Interpersonal Conflict Record

Date: 10/7 Time: 17:00 (AM/PM) Length of argument (time): 1 hour

Topic/Issue of conflict:

I made a comment about a character in a TV show and my roommate didn't like the comment that I had made.

How often has this issue come up in the past?

Rarely 1 2 3 4 5 6 7 8 9 Very Often

What actually started/triggered the conflict?

After I made the comment, my roommate sprayed me with water from his water bottle. In response, I threw a fork at him. He later apologized, but blamed my comment for making him react the way he did, so it was my fault.

Brief description of the conflict: verbal argument, physical abuse, silent treatment/stonewalling, changed subject/made light of conflict, etc.:

Physical altercation, stonewalling, and blame

Emotions you experienced:

Anger

How did it end?

The next day, I asked if we could talk about the conflict and see what each of us were thinking when we made our respective actions.

Intensity of disagreement:

Low 1 2 3 4 5 6 7 8 9 High

Degree of resolution:

Resolved 1 2 3 4 5 6 7 8 9 Unresolved