



Self-Assessment : Do You Fight Fairly?

Read each statement and circle the number that best corresponds to your current behavior.

1. I use 'I' statements rather than 'you' statements.
1 ----- 3 ----- 5
Never Sometimes Always
2. I stick to the current problem only and refrain from mentioning other grievances.
1 ----- 3 ----- 5
Never Sometimes Always
3. I discuss mainly the present and future; I don't place blame for wrongdoing.
1 ----- 3 ----- 5
Never Sometimes Always
4. I allow the other person to state a point of view without interrupting.
1 ----- 3 ----- 5
Never Sometimes Always
5. I try to understand the other person's thoughts and feelings about the conflict.
1 ----- 3 ----- 5
Never Sometimes Always
6. I point out areas of agreement rather than only seeing areas of disagreement.
1 ----- 3 ----- 5
Never Sometimes Always
7. I tell the other person not only what is wrong, but what would make it right.
1 ----- 3 ----- 5
Never Sometimes Always
8. I ask the other person for changes in behavior, not in attitude.
1 ----- 3 ----- 5
Never Sometimes Always
9. I express my feelings rather than dramatize them.
1 ----- 3 ----- 5
Never Sometimes Always
10. I take a mental or physical time out before the conflict escalates.
1 ----- 3 ----- 5
Never Sometimes Always

Scoring:

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| 10 – 20 | You need to develop your skills in fair fighting. Pick three skills to work on before your next confrontation. |
| 21 – 40 | Fine tune a couple more skills and your confrontation will be resolved more effectively. |
| 41 - 50 | Pat yourself on the back. You're a model for others to follow in confrontations. |