1) Think of 3 examples of interpersonal conflict that you’ve experienced.

1. A couple of my friends used to constantly ask me to do stuff for them like go grab stuff from their locker, ask if I could throw out their garbage for them, small stuff like that during lunch hours. I never used to think it was an issue, so I ignored it even if it was slightly frustrating. I thought I was the one being unreasonable for being frustrated for them and it took me years before I actually dealt with the conflict.

2. I have a friend who’s doing very poorly this year in heritage is on the point of getting kicked out of the school. He skipped hundreds of hours of classes both last semester and this semester and I’ve been very frustrated with him for doing so.

3. I got into a fight one time with my girlfriend and I don’t even remember what it was about, but she was being really unreasonable and got really mad at me for some reason and I tried to be calm, but she can get really aggressive sometimes, and I just accidently started yelling at her.

2) Indicate the source of each Interpersonal Conflict

1. I never wanted to deal with the conflict and never thought it was an issue so I just let it keep going for years. I like to make people happy and always try to avoid conflict, so I just let them keep telling me what to do. I wasn’t causing the conflict, but it only existed because I let them continue.

2. He’s the source of conflict I suppose, even though it’s not *really* my business. It doesn’t affect me at all, but he’s my friend and I’m just trying to help him.

3. We were both the source of the conflict; obviously I had done something to frustrate her and she dealt with it poorly and I responded poorly.

3) What conflict management style was used to deal with the conflict?

1. I dealt with this conflict passively, I didn’t really do anything about it for years.

2. I dealt with this conflict assertively, I’ve talked to him about it a lot and I just try to make sure he’s okay and try to get him to talk about what’s bothering him, because the reason he’s not trying is obviously some sort of deeper reason than just being lazy.

3. I dealt with this conflict aggressively, I tried to stay calm but ended up yelling at her.

4) Was is effective? Why or why not?

1. No, this was not effective at solving the problem. I dealt with this passively for years and it only got solved when I started dealing with it assertively.

2. It’s been relatively effective. He starts going to class and keeps on track for a week or so before he starts falling back off again.

3. This was not remotely effective. All it did was get both of us madder at each other and created more problems than it solved.