Building Better Teams

**Conflict Styles Handout**

**Avoiding**
Is hoping the problem will go away and not addressing the conflict. There is no attention to one's own needs or those of the other. Avoiding might be letting an issue go, being diplomatic or simply withdrawing from a threatening situation. This tool is effective when time, place or personal health make it inadvisable to pursue discussion.

**Accommodating**
Is meeting the concerns and needs of the other person and not addressing your own needs. This is giving in or yielding to the other person's views. This style is used when you want to work co-operatively with the other person without trying to assert your own concerns.

**Compromising**
Is looking for a mutually acceptable solution which somewhat satisfies both parties. You give up something, they give up something in order to come up with a solution you both can agree to. A compromise approach may work when you and the other person both want the same thing and you know you both can't have it.

**Competing**
Is a strong style where the individual uses their power or control of the resources to assert his or her own needs. Competing can mean trying to win, getting your own way, and is used when there is no concern for the other person's interests. The style is helpful when an important principle or need is at stake.

**Collaborating**
Is working toward solutions that satisfy the needs and concerns of both parties. This takes time to look at all the issues and interests you both have which are behind the original positions. This approach combines the search for new alternatives and creating solutions that end in a “win-win” situation.
Building Better Teams

Personal Conflict Management Styles Worksheet

1. Describe the conflict management style you most frequently use at work.

2. Describe the conflict management style you most frequently use at home.

3. Describe the conflict management style you usually use with friends.

4. Describe a conflict management style that tends to irritate you. Why?

5. Describe a conflict management style that you admire in others. Why?