



MANAGING CONFLICT

WHAT'S YOUR
CONFLICT
STYLE?

We each have a habitual response to conflict. Each response protects something unique ... *and* each has its own limitations. Managing conflict might require any or all of these styles. Greater self-awareness makes it easier to stay grounded and to shift into other styles, as needed. **Which styles do you want to skill up in?"**

MOVE IN

- Energized by tension and wants to explore more.
- Can be viewed as aggressive or dominating, making the process unsafe.
- Protects clarity.



MOVE WITH

- > Concerned about tension and wants to build bridges.
- > Can be viewed as smothering; Compromising and losing themselves.
- > Protects relationships.



MOVE AWAY

- > Alerted by tension and wants to make sure everyone is okay.
- > Can be viewed as stonewalling; Withholding information and wisdom.
- > Protects safety.



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