

SELF-ASSESSMENT QUESTIONS

Please answer the following questions as openly and honestly as possible.

1. Describe the kind of “conflicts” you might typically find yourself in at work.
2. What are the usual outcomes of these conflicts?
3. In general, how would the people at work who have been in a conflict with you in the past describe your behavior during the duration of the altercation?
4. Describe the difference (i.e., in yourself, in the situation, etc.) between when you’ve handled conflict effectively and when you have not.

“It is a bitter truth that victories won in anger lead to long-term defeat. Those defeated turn away, feeling betrayed and lost, and carry this feeling with them into their next conflict.”

-Joan Goldsmith