

## “Resolving Conflicts”

<b>Name:</b>		
<b>Grade:</b>	<b>Class:</b>	<b>Date:</b>

1. I can define “conflict” and identify conflicts and the people involved.

☐ Disagree      ☐ Unsure      ☐ Agree      ☐ Strongly Agree

2. I can identify emotions and behaviors involved in a personal conflict.

☐ Disagree      ☐ Unsure      ☐ Agree      ☐ Strongly Agree

3. I can apply methods of controlling emotions and changing reactions to conflict situations.

☐ Disagree      ☐ Unsure      ☐ Agree      ☐ Strongly Agree

4. I can apply assertive behavior and communication skills to conflict situations in my life.

☐ Disagree      ☐ Unsure      ☐ Agree      ☐ Strongly Agree

5. I can recognize the dynamics of win-lose and lose-lose situations, as well as the benefits of win-win situations, and I can practice resolving conflicts.

☐ Disagree      ☐ Unsure      ☐ Agree      ☐ Strongly Agree