



What's your style?

Each of us uses different styles of conflict resolution in different situations. Each of the statements listed below demonstrates a particular style of conflict resolution.

Read each statement carefully. To indicate the extent to which you agree with it as a way of working through conflict, rank it from 1 to 5:

- 5 represents an approach you think you would use to handle a gambling-related problem;
- 1 represents an approach which you would not use.

	1	2	3	4	5
1. You're spending too much of our money on gambling.					
2. I don't want to discuss my gambling problems.					
3. We can work together.					
4. I know that she/he is spending too much time gambling, but we always go together.					
5. We can both earn some extra money to help pay off your gambling debts.					
6. Everybody has some vices!					
7. Don't bring up those issues; it'll just upset everyone.					
8. I know I'm neglecting our friends because of my gambling, but what if I set aside one night a week to spend with them?					
9. Let's sit down together and talk about some possible solutions to dealing with your gambling debts.					
10. My needs are more important than your gambling!					

The numbers in the columns represent the scores for each item. Add the scores as described below. Your highest score suggests the style of conflict resolution that you favour.

Scores for item 2 plus item 7 Avoidance

Scores for item 1 plus item 10 Competition

Scores for item 5 plus item 6 Accommodation

Scores for item 4 plus item 8..... Compromise

Scores for item 3 plus item 9..... Collaboration

