Scoring the Conflict Management Styles Assessment

Client Name:

As stated, the 15 statements correspond to the five conflict management styles. The style with the highest score indicates your most commonly used strategy. The one with the lowest score indicates your least preferred strategy. However, all styles have pros and cons, so it's important that you can use the most appropriate style for each conflict situation.

Style Corresponding Statements: Total:

Collaborating: _____

Competing: _____

Avoiding: _____

Accommodating: _____

Compromising: _____

My preferred conflict management style is: _____

The conflict management style I would like to work on is: _____

How can I practice this conflict management style?

_____

_____

_____

_____

_____

_____

_____

_____

_____