

# *Inappropriate Conflict Management Strategies*

*Everything on this list is learned - You can change what you do.*

The strategies listed below are ways that you may try to manage conflict inappropriately in close relationships. These strategies are usually fueled by anger or defensiveness and protect you by helping you to avoid or reduce inner tension, fear, anxiety, pain and hurt.

✓ Check the strategies you have used with your partner

\_\_\_\_\_ Not listening, ignoring

\_\_\_\_\_ Monopolizing the conversation

\_\_\_\_\_ Interrupting, changing topics

\_\_\_\_\_ Pressuring, being impatient, rushing the conversation

\_\_\_\_\_ Blaming

\_\_\_\_\_ Guilt tripping

\_\_\_\_\_ Discounting, disregarding

\_\_\_\_\_ Angry gestures, pointing fingers, intimidating looks, throwing things

\_\_\_\_\_ Shouting, yelling, raising your voice

\_\_\_\_\_ Criticizing, name calling, mocking, put downs, ridicule, accusations

\_\_\_\_\_ Punishing, being callous when your partner is hurt

\_\_\_\_\_ Threatening, intimidating, posturing

\_\_\_\_\_ Grabbing, pushing, slapping, hitting, choking, beating

\_\_\_\_\_ Other.....Please add to the list or change the wording of items to make it accurately reflect your own conflict control strategies

***If you feel victimized by or afraid of your partner, seek professional help.  
If you are in danger or the victim of physical abuse, contact the police.***