



Addressing Your Conflicts

1. What is your go to confrontation style? How does this serve you? How does it hold you back?
2. Think of a recent conflict you have had at work. Did you confront it? Why or why not? What did you learn from it?
3. Describe a conflict at work you have had in the past that you consider significant. How did you handle it? What did it teach you?
4. How do you decide whether to address a conflict or not? How is this working for you?
5. If you could solve any conflict at work right now, what would you solve? What is preventing you from solving it?