

CONFLICT ATTITUDE SURVEY

Think of the following Conflict Attitude Inventory as a subjective indicator of your attitude about conflict and yourself as a problem solver, not an absolute assessment of it. It can provide a reference point for identifying dimensions of your attitude about conflict that may need adjusting.

Directions:

There are no right or wrong answers. The best answer is your honest answer as the result will be a more accurate reflection of your attitude about yourself as a problem solver.

Circle the letter of the response that you feel best fits you.

1. In terms of conflict resolution skills, I am:

- a. Very competent.
- b. Fairly competent.
- c. Average
- d. Fairly unskilled
- e. Very inadequate

2. I admit my mistakes and shortcomings:

- a. All the time.
- b. Most of the time.
- c. Occasionally.
- d. Hardly ever.
- e. Never.

3. As a problem solver, I have:

- a. A lot of confidence in myself.
- b. Enough confidence in myself.
- c. Average confidence in myself.
- d. Very little confidence in myself.
- e. No confidence in myself.

4. I am in control of emotions when in conflict:

- a. All the time.
- b. Most of the time.
- c. Some of the time.
- d. Seldom.
- e. Never.

5. I listen well to others:

- a. Extremely well.
- b. Well.
- c. Okay.
- d. Not very well.
- e. Not well at all.

6. I believe conflict can be healthy:

- a. All the time.
- b. Most of the time.
- c. Some of the time.
- d. Hardly ever.
- e. Never.

7. I am open to many ideas and options:

- a. Very open.
- b. Fairly open.
- c. Sometimes.
- d. Seldom open.
- e. Never open.

8. It is important to prove my point:

- a. None of the time.
- b. Hardly ever.
- c. Occasionally.
- d. Most of the time.
- e. All the time.

9. I openly share my thoughts and ideas:

- a. All the time.
- b. Most of the time.
- c. Some of the time.
- d. Hardly ever.
- e. Never

10. I impose my own values, beliefs and convictions on others:

- a. Never.
- b. Seldom.
- c. Some of the time.
- d. Most of the time.
- e. All the time.

ANALYZING YOUR ATTITUDE

Scoring:

1. Record the number of responses for each letter.
2. Calculate your score by multiplying the number of each letter by its corresponding value.
3. Add each score to get a total score.

	a	b	c	d	e	
1. Number						
X	+2	+1	0	-1	-2	
2. Score						= _____ Total Score

Interpretation:

- | | |
|------------------------|---|
| Total score of: | Indicates that in addressing conflict effectively, you have: |
| -20 to -14 | A complete feeling of inadequacy. |
| -13 to -7 | A significant feeling of inadequacy. |
| -6 to -1 | A negative self-image. |
| 0 to +6 | An acceptable self-image. |
| +7 to +13 | A positive self-image. |
| +14 to +2 | A rather inflated self-image. Check your ego. |



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