



## 6.4: De-escalating Conflict

### Conflict Styles – Win or Lose?

#### Get Started:

Recall the situation Coach Rudy provided in the video.

- Situation: Coach Rudy and his wife are going to the movies for date night. Coach Rudy’s wife wants to see a romantic comedy based on the book she just read. Coach Rudy is excited to see a new action movie.

#### Activity: Step 1

Work with your small group to help Coach Rudy resolve his conflict using each of the five conflict styles. Record your responses in the chart below.

	ASSERTIVE	PASSIVE
POSITIVE	Collaborative (Win/Win)	Accommodating (Lose/Win)
	Compromise (OK/OK)	
NEGATIVE	Competitive (Win/Lose)	Avoidant (Lose/Lose)

#### Activity: Step 2

Consider your responses for each conflict style in the chart above. As a group, determine which style you believe is best for Coach Rudy to use in this situation.

- Which conflict style should Coach Rudy use? Give two reasons for your answer.
  - Conflict Style:
    - Reason 1:
    - Reason 2:

