

Mad maps/conflict styles

Name: _____

1. What is conflict to you? (something to avoid, people being mad at me, a destructive force, unnecessary, a normal part of life, a way to build relationships and become closer, etc.)

2. What is your initial reaction/response to conflict situations? (fleeing, arguing, defending, engaging, disengaging, getting backup, escalating, etc)

3. How do you behave in conflict situations?

4. How does conflict affect your physical, emotional and mental health?

5. What makes a conflict situation better for me? (what supports or climate helps? what can others do?)

6. What makes a conflict situation worse for me? (what supports or climate hinder my experience? what should other people avoid doing?)

Other notes:

-Once you've completed the sheet, star a nugget from your responses in sections 1, 5 and 6 to share with the group