**Conflict Styles**

Please remove all the instructions in red before submitting.

**Student Name:**

In one paragraph, describe why you believe understanding the four conflict styles and applying techniques for conflict resolution are critical to effective communication. What do they teach us about ourselves and about others in our groups?

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| **The Passive Style** |
| **Definition** | Using your own words, define the common characteristics of this conflict style. |
| **Positive Impact to Communication** | Describe one example of how this conflict style can positively impact communication in group settings. |
| **Negative Impact to Communication** | Describe one example of how this conflict style can negatively impact communication in group settings. |
| **The Aggressive Style** |
| **Definition** |  |
| **Positive Impact to Communication** |  |
| **Negative Impact to Communication** |  |
| **The Passive-Aggressive Style** |
| **Definition** |  |
| **Positive Impact to Communication** |  |
| **Negative Impact to Communication** |  |
| **The Assertive Style** |
| **Definition** |  |
| **Positive Impact to Communication** |  |
| **Negative Impact to Communication** |  |