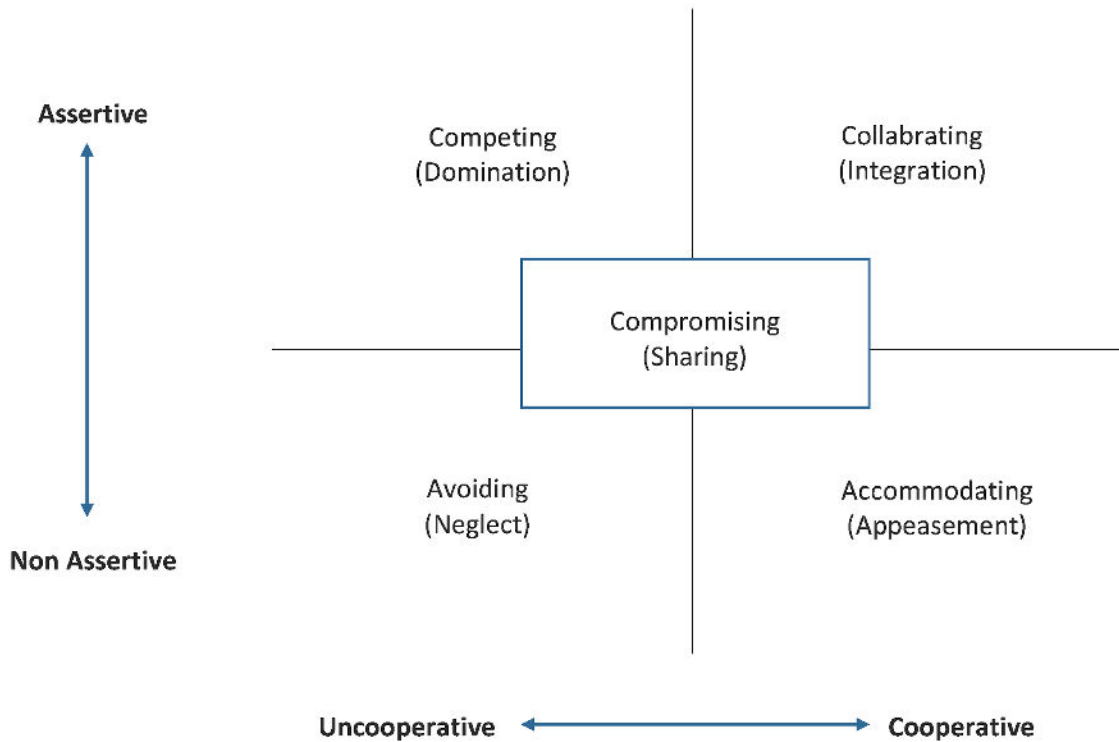


INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 29 Action Guide: Conflict Styles

INTEGRATE TO LIVE: THOMAS - KILMANN CONFLICT STYLES



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Assess your conflict style:

Which conflict style do you primarily use with family/loved ones?



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Week 29 Action Guide: Conflict Styles

Assess your conflict style: (Cont.)

Which conflict style do you primarily use at work?

Which conflict style do you primarily use with strangers?

Which conflict style do you primarily use toward yourself?

Is there a new and different style you'd like to put into practice in one of these relational dynamics?

Which one?

What are the actionable steps you are going to take to apply this new style?

Check out more free online tools and ebooks here: <http://people.cpp.com/TKI40.html>

The online assessment is not free (but, highly recommended).

If you are interested in taking the test, you can purchase it here:

<http://www.kilmanndiagnostics.com/catalog/thomas-kilman- conflict-mode-instrument>