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Conflict Styles Inventory

This report provides insight into your conflict handling preferences using the Thomas-Kilmann Conflict Styles framework. Your orientation toward each style is depicted through a gauge, with reflective questions to deepen your understanding.

01. Collaborating

Balances assertiveness and cooperation to find win-win solutions.



Reflection Questions:

- How often do you actively seek solutions that benefit all parties?
- Do you take the time to understand others' perspectives in conflicts?

02. Competing

Focuses on personal goals, often at the expense of others' needs.



Reflection Questions:

- Do you prioritize winning over maintaining relationships?
- How does your competitive approach impact teamwork?

03. Avoiding

Tends to sidestep conflicts rather than address them.



Reflection Questions:

- Do you delay addressing conflicts that need resolution?
- How does avoidance affect your ability to influence outcomes?

04. Accommodating

Focuses on satisfying others' needs, sometimes at personal cost.



Reflection Questions:

- Do you find it hard to assert your needs in conflicts?
- How often do you compromise your position to maintain harmony?

05. Compromising

Seeks middle-ground solutions that partially satisfy all parties.



Reflection Questions:

- Are you satisfied with the compromises you make in conflicts?
- When would a more assertive or cooperative approach be better?