

Name _____

Navigating Stormy Seas: The Art of Conflict Resolution

Multiple Choice Questions

1. What does conflict resolution refer to?
 - a) Ignoring conflicts
 - b) Addressing and resolving disagreements constructively
 - c) Escalating conflicts
 - d) Avoiding all conflicts

2. Which of the following is a key component of effective conflict resolution?
 - a) Reacting with anger and defensiveness
 - b) Avoiding communication
 - c) Open and honest communication
 - d) Focusing solely on your own perspective

3. Why is empathy important in conflict resolution?
 - a) It helps you win the argument
 - b) It fosters a sense of connection and understanding
 - c) It escalates conflicts
 - d) It is unnecessary in conflict resolution

4. What is one benefit of developing good conflict resolution skills?
 - a) Increased stress and tension
 - b) Improved relationships
 - c) Decreased personal growth
 - d) Less effective problem-solving

5. Which of the following is a recommended way to develop conflict resolution skills?
 - a) Avoid self-reflection
 - b) Interrupt when someone is speaking
 - c) Practice active listening
 - d) Ignore conflicts completely

