

QUESTIONS ON COMPETENCE IN INTERPERSONAL CONFLICT

1. Conflicts are most common under what circumstances?
2. What are some reasons why people disagree when they are engaged in activities with one another?
3. How can people tell if someone has good conflict management skills?
4. What specific communication skills are needed to manage conflict?
5. Since people judge prohibited behavior more harshly than acceptable behavior, what prohibited behavior should you try to avoid?
6. What are the 3 most common conflict strategies?
7. Why do people with a pessimistic view of human nature tend to get in more interpersonal conflicts than those with an optimistic view?
8. Why do people with a positive view of human nature get in fewer conflicts than those with a pessimistic view?

9. Are you often upset and put under stress by interpersonal conflict? Have you analyzed why?

10. Peoples' expectations for themselves to achieve their goals varies. People with an internal locus of control feel personal accountability for their actions and these people usually try hard to resolve conflict themselves. People with an external locus of control feel that outside forces such as chance, fate or powerful people control them so they often use competitive or avoidance strategies in conflict. Which people have a better chance of managing conflict well?

11. What are some environmental causes of anger and stress?

12. What are some cultural and social causes for anger and stress?

13. What are some spontaneous reactions to conflict?

14. What strategies for managing conflict do you have in the sack on your shoulder?

15. What strategies does the famous Buddhist monk Thich Nhat Hanh have for allaying anger?