



Toolkit for Parenting Teenagers
Reflection Activity #6: Family Conflict

In every daily interaction, family members are continually influencing one another. Many times, we don't take notice of this during stressful situations where every member's conflict management style greatly influences whether there will be a positive or a negative outcome. Conflicts and misunderstandings are bound to happen within a family unit. How each member chooses to resolve conflict establishes how happy, healthy, and safe relationships between family members will be.

Directions: For each statement below, write if it occurs **Never, Rarely, Regularly, or Always** when there is conflict in the home. Complete this activity with your teen and take time to compare your responses and consider every one's point of view. What similarities and differences do you notice in your conflict management styles? Can you recognize any strengths? What is one thing every member could do to help improve their conflict management style?

1. We blame each other when there is a misunderstanding. _____
2. We tend to fight a lot in our family. _____
3. We can agree to disagree when there is no resolution in sight. _____
4. Each family member has a chance to share their point of view. _____
5. At the end of an argument, one family member is always right. _____
6. We can usually come to a resolution when we disagree. _____
7. Differences of opinion are not received well during conflict. _____
8. We yell at each other during arguments. _____
9. We avoid talking about disagreements in our home. _____
10. Family members are very supportive of one another. _____
11. We set up family meetings to discuss conflict. _____
12. Family arguments seem to never get resolved. _____
13. We each take time to acknowledge each other's point of view. _____
14. New conflict brings up old disagreements. _____
15. We get scared, when arguments get out of control. _____
16. We stay mad at each other after an argument. _____

*Note: Violence and abuse of any kind (including physical, verbal, emotional, and psychological) are never part of a happy, healthy, and safe relationship or family. If there is any form of violence and/or abuse in your family, please contact your local domestic violence agency or the National Domestic Violence Hotline. To make a report of child abuse or neglect, contact your local Child Protective Services agency.