



## Conflict Management: Answers to True or False

*(For Facilitators)*

1. We should discuss a problem when we are angry so we can get out all of our emotions.  
**False:** Pick a time and a place to discuss an issue after you have both calmed down and are ready to discuss calmly.
2. I should use my communication skills when my partner and I are discussing topics that tend to become heated.  
**True:** The SPEAK/HEAR skills are especially important when you are trying to solve a problem.
3. When I want to bring up an issue, I should just say whatever is on my mind, whether it's nice or not.  
**False:** Start the conversation with something positive. Discussions tend to end the same way that they begin. If you start soft, you are more likely to get a positive response from your partner and work toward a solution.
4. I should listen to my partner's point of view and take it into consideration when making decisions.  
**True:** Allow your partner to influence your decisions and really show him or her that you value and respect his or her opinion.
5. When my partner and I have heated disagreements, it's important to make sure that our children are not around.  
**True:** Parent conflict can lead to unnecessary stress for children and can lead to negative outcomes such as aggression, anxiety, and even problems sleeping.
6. When I'm tired or in a bad mood, it's important to be aware of how that can affect how I hear my partner.  
**True:** Communication filters, such as mood and distractions, often lead to misunderstandings and more conflict.
7. When discussing a problem, it's important to try to solve the problem, even before we finish discussing each person's point of view.  
**False:** Allow each person to share his or her feelings about the issue before trying to think of solutions to the problem.
8. Taking a break or trying breathing exercises can help me calm down when I am stressed and feeling overwhelmed during a heated discussion.  
**True:** If a discussion leads my partner or me to feel overwhelmed with emotions, it's important that we take a break and allow ourselves to calm down before continuing the discussion.
9. The goal of problem solving is to work toward a compromise we can both agree on.  
**True:** After discussing possible solutions to a problem, decide on a compromise that fits with both your partner's and your needs.