

### **Identify your part in a conflict**

With the help of the sentences below, you can identify your part that can lead to conflicts with your partner.

Please write down the result of your assessment in the „ My Summary File“  
There can be more than 1, 2, or 3 „do’s“ from this list.

#### **My Part:**

- I tend to keep my feelings hidden about things that annoy me until I finally explode when I cannot take it anymore.
- I put too much time into my work and I am absent a lot from home.
- I backtrack too much.
- I have very high expectations.
- I expect others to approach me rather than taking steps towards other.
- I discourage others by displaying superior knowledge and attitude.
- I care more for my things rather than for people.
- I actually degrade others while thinking that they don't understand anyway.
- I take too much responsibility thereby treating others like children.
- I make too many rules thereby basically wanting to control and dominate every situation. All though I outwardly say or appear to work in cooperation with other, in reality I do it only under my conditions.
- I don't speak openly, about my concerns. I tend to backtrack or sometimes be resentful.

#### **Additional points**

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