LESSON 9.2 Anger, Aggression, and Conflict Note-Taking Guide

Anger

1. Anger is _____.

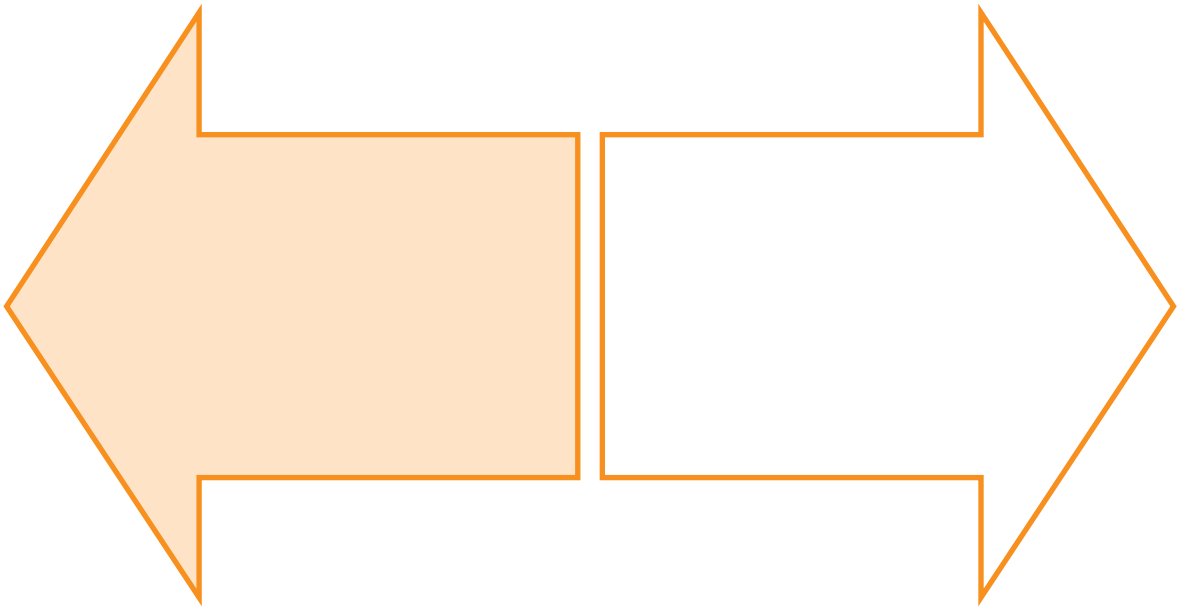
Aggression

2. Aggression is _____

_____.

Assertiveness Versus Aggression

3. Compare and contrast assertiveness and aggression.



Conflict

4. Conflict is _____.
5. What are four things that might cause conflict?

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Managing Conflict

6. Write the correct term next to its definition: accommodating, avoiding, collaborating, competing, compromising.

   1. This is when you work together to try to achieve everyone's goals.

      _____

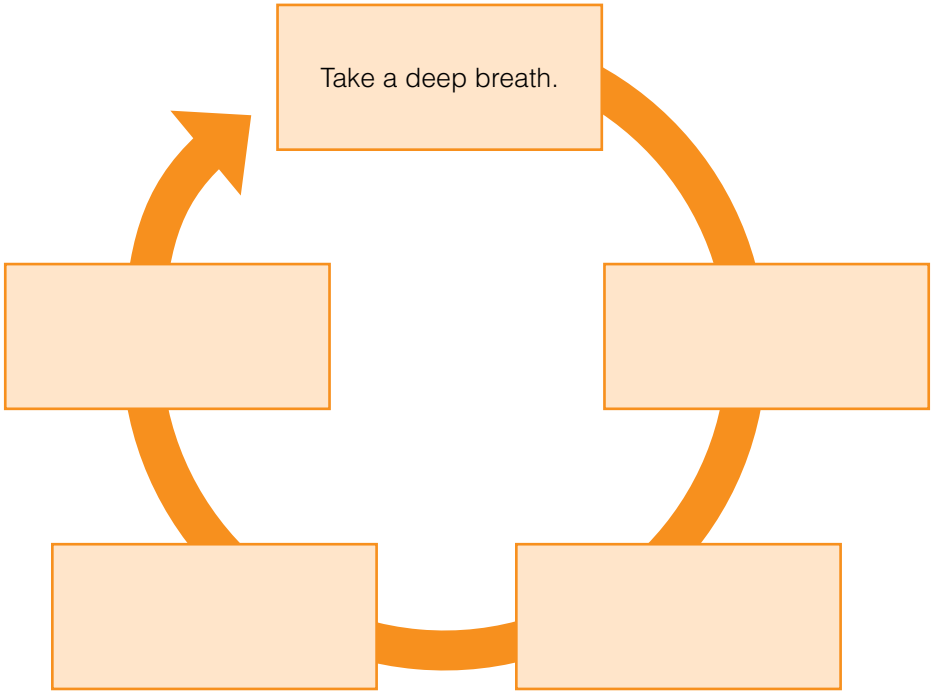
   2. This is when you cooperate to a high degree, even letting go of your own goals to reach a solution.

      _____

   3. In this approach, neither party really achieves all of what they want. _____
   4. This is when you simply avoid the thing that is causing the conflict. _____
   5. This is the win-lose approach. _____

Conflict Resolution

7. What are the steps to conflict resolution?



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