

# Conflict



What did conflict look like growing up in your home?

How do you approach conflict now? Avoid, easily engage, etc?

What does conflict mean to you? What thoughts and emotions do you have around conflict?

What do you think healthy conflict looks like? How does it feel?

What is one area you think your partner could improve on when it comes to healthy conflict?



## Pursuer

## Withdrawer

### Behaviors

Critical Hostile Aggressive  
Attack

### Behaviors

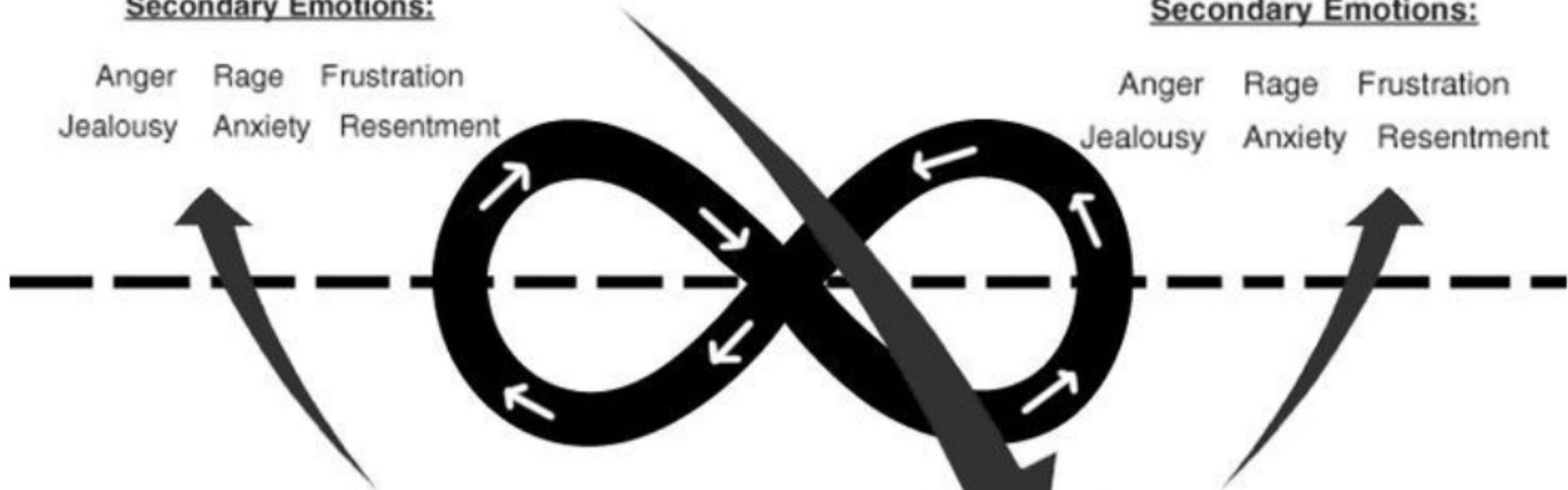
Shut down Silence Distance  
Become defensive

### Secondary Emotions:

Anger Rage Frustration  
Jealousy Anxiety Resentment

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Anger Rage Frustration  
Jealousy Anxiety Resentment



### Primary Emotions:

Hurt Alone Unwanted  
Isolated Abandoned Unimportant  
Disconnected Unloved Sadness  
Fear

### Primary Emotions:

Rejected Inadequate Shame  
Overwhelmed Numb/Frozen  
Hopeless Unimportant Sadness  
Fear



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- Respect
- Communication
- Time to process
- Compromise
- Teamwork
- Collaborate
- Catalyst for change
- Active listening
- Calm
- Non-defensive



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- Avoid
- Shame
- Talk over
- Pressure
- Blame
- Purposefully hurt
- Shut down
- Defensive
- Explosive
- Focused on "winning"