



Training for Parents  
IO2 – Activity Sheet.  
Module 2.2 Conflict  
Management and  
Resolution in  
Families



**EMPOWER**  
Building Resilience to Address Domestic Violence



## Conflict Resolution Techniques

In the table below, provide examples of situations in your household where you have dealt with conflict using each one of the five conflict management techniques:

Conflict Management Techniques	Describe the scenario that resulted in you using the corresponding conflict management technique.
<b>Forcing</b>	
<b>Collaborating</b>	
<b>Compromising</b>	
<b>Withdrawing</b>	
<b>Smoothing</b>	

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