

Name: _____



Social Skills for Conflict Resolution



Each of the social skills below are helpful toward solving conflict.

For each skill, rate yourself **S** for strength, **O** for OK or **N** for I need to work on it.

- _____ Listen to others
- _____ Understand how others are feeling
- _____ Talking positively when upset or angry
- _____ Have a positive attitude toward yourself
- _____ Have a positive attitude toward others
- _____ Act gracefully in awkward or embarrassing situations
- _____ Get along with others
- _____ Open Minded
- _____ Sensitive
- _____ Forgiving
- _____ Loyal
- _____ Dependable
- _____ Friendly
- _____ Logical or reasonable
- _____ Calm or composed under pressure
- _____ Flexible or adaptable
- _____ Brave, use courage to do the right thing

How could you improve your social skills to become better at conflict resolution? _____
