



# Conflict Resolution Quiz

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

**1. Which of the following is something you can control?**

- a. Feeling disappointed
- b. Disagreeing with your parents
- c. Yelling at your best friend
- d. A difficult classmate

**2. When you're feeling angry at someone, it helps to empathize with them, and consider their feelings. What does "empathize" mean?**

- a. Understand
- b. Talk
- c. Disagree
- d. Smile

**3. Albert wants to play basketball, while John wants to stay inside and play a video game. Which of the following is a compromise?**

- a. They play each game for an hour.
- b. They don't hang out at all.
- c. They play basketball.
- d. They argue until one person gives in.

**4. Which of the following emotions is the worst one to express when you're trying to resolve a conflict?**

- a. Amusement
- b. Sadness
- c. Confusion
- d. Rage

**5. A mediator helps settle disputes between two parties. A mediator is similar to:**

- a. A ballplayer
- b. A lawyer
- c. A judge
- d. A businessperson

**6. What's the most likely outcome of yelling at someone you disagree with?**

- a. They see your side of things.
- b. They want to be your friend.
- c. They don't really care.
- d. They get angry.

**7. Someone who must always get her way is most often viewed as:**

- a. Selfish
- b. Persuasive
- c. Unintelligent
- d. Helpful

**8. You're upset with your mom for throwing away some of your old comic books. How should you tell her?**

- a. "How could you do something so horrible?"
- b. "You have no right to touch my things!"
- c. "That was really mean and thoughtless."
- d. "I'm upset that you threw away my comics."

**9. If you're arguing with a classmate, who's the best person to mediate the dispute?**

- a. You
- b. Your best friend
- c. Your teacher
- d. Your classmate's brother

**10. Place the following steps for resolving a conflict in order: A) Breathe deeply; B) Suggest a compromise; C) Listen to what another person says**

- a. C, B, A
- b. A, C, B
- c. B, A, C
- d. A, B, C