

**How do content and relationship conflicts differ?**

**Content:** Centers on objects and events which focus on external things.

**Relationship:** Conflict is not about external object, but between individuals.

**What are the negative and positive effects of conflict?**

**Negative:** Increased negative feelings for opponent may cause depletion of energy.  
Can cause one to close oneself off.

**Positive:** Forces person to examine a problem. Forces one to work towards a possible solution.

**Give an example from your experience of how culture affects conflict.**

**List some guidelines to follow before and after conflicts.**

**Before:**

1. fight in private
2. find appropriate time to settle conflict
3. know what you are fighting about

**After:**

1. learn from conflict - what caused the conflict
2. keep conflict in perspective
3. limit negative feelings such as personal rejection, manipulation

**Describe a win-win solution and a win-lose solution from your experience.**

When no one loses; when one person loses.

**What is an avoidance strategy and what is the effect?**

**Avoidance:** withdrawal from situation

**Effect:** doesn't resolve anything

**Why do you think victims interpret force as a sign of love?**

They are getting attention

**How did gunnysacking gets its name?**

Storing up grievances and unload them later.

**What tactics are designed to make others lose face?**

Treating other person as incompetent, untrustworthy, or bad.

**How are personal rejection and beltlining connected?**

Both make an individual question his/her worth.

**Why is argumentativeness considered positive?**

Allows person to speak his/her mind without attacking, or humiliating others.

|             |                            |              |                          |
|-------------|----------------------------|--------------|--------------------------|
| content     | inhaltliche ( <i>adj</i> ) | Depletion    | Verringerung             |
| perspective | Blickwinkel                | rejection    | Ablehnung, Zurückweisung |
| avoidance   | Vermeidungs                | withdrawal   | Rückzug                  |
| beltlining  |                            | gunnysacking |                          |
| humiliating | erniedrigen                | gunnysack    | Jutesack                 |