

Conflict Resolution Styles

| Orders of Self | types of energy used in addressing conflicts | | | goal |
|----------------|---|---|---|----------------------------------|
| | yin | stillness | yang | |
| 4° | I am willing to change myself in order to move toward the relationship that I want. | I feel despair at changing the other. There is nothing I can do. Hopelessness | I know that I can powerfully transform the relationship by being who I choose to be. | changing the relationship |
| 3° | | | | |
| 2° | I will try to be who others want me to be to minimize tension and to get them to take care of me. | This doesn't bother me. There is no conflict. Denial | I will get the other to change by telling them how to be, blaming, forcing, violence. | changing the other |
| 1° | | | | |