

5 Conflict Resolution Strategies



01

Avoiding

Avoiding conflict may seem like the path of least resistance, and in certain scenarios, it serves a purpose.

02

Competing

Competing is an uncooperative, overly assertive method used by individuals who seek to win the dispute at all costs, typically known as a win-lose strategy.

03

Accommodating

Accommodating, often referred to as smoothing, is a conflict resolution strategy where one party willingly concedes to the needs or demands of another, effectively prioritizing the relationship over their own interests.

04

Collaborating

When you understand these neural paths, you have the power to create a successful slogan that captures attention and sticks in the memory.

05

Compromising

Compromising is a pragmatic conflict resolution strategy that involves finding a middle ground where both parties give up elements of their demands to achieve an acceptable settlement.

Conflicts In A Nutshell

Peter A. Alces, Marion W. Benfield



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