

## The Four Ways of Dealing with Conflicts

Student “A” takes the apple of Student “B” at lunch.

**1. Aggression: Argue and fight**

Stare at “A” with an angry look. Then yell: “That’s my apple!” and aggressively grab the apple right of “A’s” hand.

**2. Avoidance: Withdraw and avoid the person**

Get up and walk away from “A” and sit down at another lunch table.

**3. Compliance: Give In. Sit there and don’t do anything.**

Just keep your eyes looking down at your food and don’t look up. Let “A” eat your apple.

**4. Negotiate: Discuss and work out a solution that is fair for both people**

Say firmly and respectfully: “Please give me my apple back.” (Pause. Then, if you don’t get the apple back:) “I will let you keep the apple if you give me two of your chocolate chip cookies.”