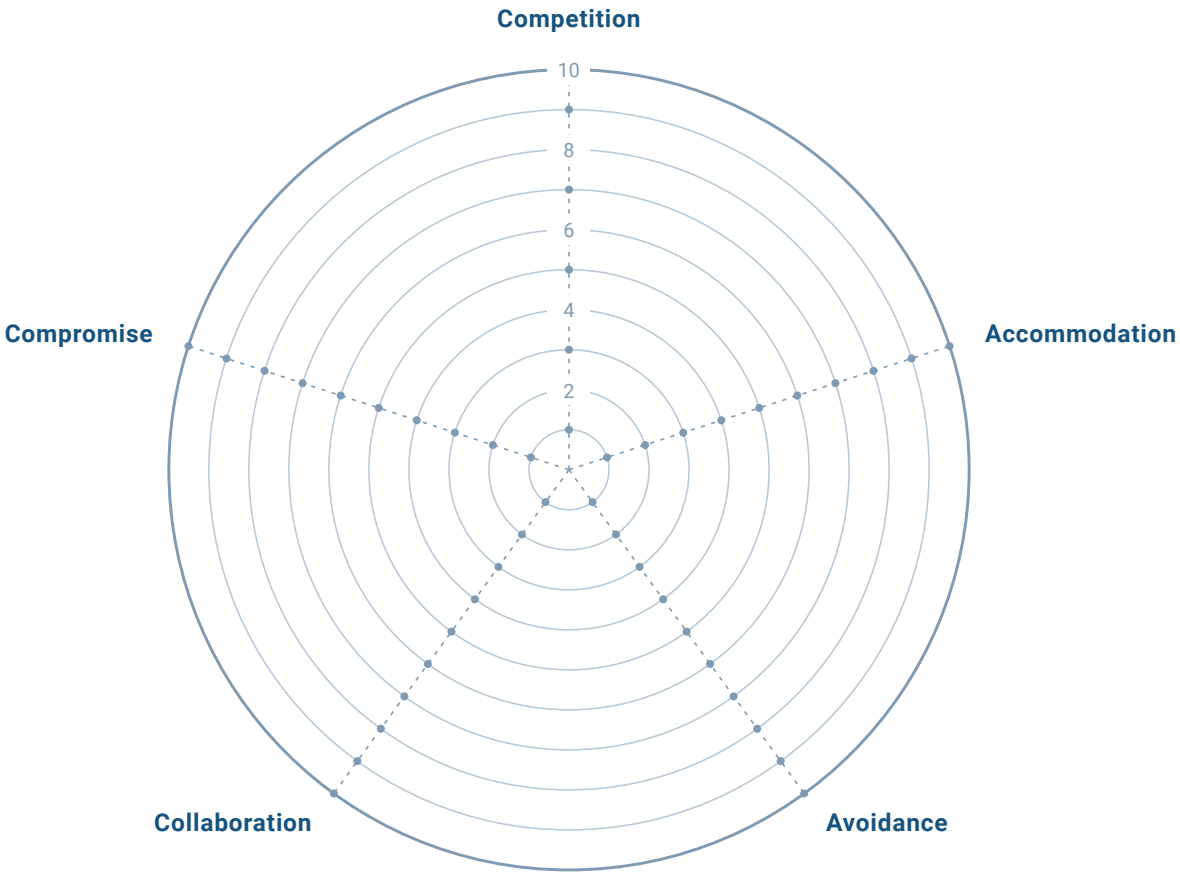
Conflict Wheel

Annex 5 · Module 4: About Conflicts and Conflict Resolution

The wheel is divided into five sections, one for each area. On each axis, mark how confident you feel today, on a scale from 1 to 10. Then connect the dots to see the shape of your skills wheel. This is not about right or wrong; it's about noticing where you are now.

1 =	I don't know this yet or don't use it	**5 =**	I can do it sometimes	**10 =**	I can do it confidently in real situations



What each area means

Competition	Pursuing one's own goals at the expense of others.	**Collaboration**	Working together to find a win-win solution that satisfies all parties.
Accommodation	Yielding to the other party's needs to maintain harmony.	**Compromise**	Each side gives up something to reach a middle-ground solution.
Avoidance	Ignoring or withdrawing from the conflict without addressing the issue.		

Which strategy I want to focus on and why

Name: _____ Date: _____

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