

# *Conflict Control Strategies*

*Everything on this list is learned - You can change what you do.*

It is important for many couples to work on their strategies to control and manage conflict. The strategies listed below are ways that you may try to control conflict in close relationships. These control strategies are usually fueled by anger or defensiveness and protect you by helping you to avoid or reduce inner tension, fear, anxiety, pain and hurt. Which control strategies have you used in the past or are you currently using? You can use this list to identify, monitor and change these behaviors.

- not listening, ignoring
- monopolizing the conversation
- interrupting, changing topics
- pressuring, being impatient, rushing the conversation
- blaming
- guilt tripping
- discounting, disregarding
- angry gestures, pointing fingers, intimidating looks, throwing things
- shouting, yelling, raising your voice
- criticizing, name calling, mocking, put downs, ridicule, accusations
- punishing, being callous when your partner is hurt
- threatening, intimidating, posturing
- grabbing, pushing, slapping, hitting, choking, beating
- other.....Please add to the list or change the wording of items to make it more accurately reflect your own conflict control strategies

*If you feel victimized by or afraid of your partner, seek professional help.  
If you are in danger or the victim of physical abuse, contact the police.*