

**THE STYLES OF CONFLICT INVENTORY (SCI)**  
**FOR INTERPERSONAL RELATIONSHIPS**

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**Engaging Styles**      <style description and sample item

**ASSERTION**      < constructive, cooperative, collaborative responses in a clear, direct, noncoercive manner. ("Calmly ask your partner to talk.")

**ADAPTATION**      < positive effort to modify or circumvent conflict by play, humor, hyperbole. ("Create amusement or say something funny to break the tension.")

**AGGRESSION**      < negative, divisive, competitive, or destructive responses designed to compel compliance.

*Verbal* < criticism, sarcasm, ridicule, name-calling...  
("Criticize your partner or call him/her names.")

*Physical*      < threats, pushing, throwing, breaking things, out-of-control, hitting.  
("Push or slap partner.")

*Global*      < composite of verbal and physical aggressions.

**Avoiding Styles**      <style description and sample item

**SUBMISSION**      < yielding, obliging, accommodating, acquiescing, or placating responses. ("Give in to your partner.")

**DENIAL**      < disowning, disavowing, failing to acknowledge, or dissociating responses. ("Ignore the issue.")

**WITHDRAWAL**      < shunning or evading conflict by retreating or drawing back responses. ("Are unwilling to talk; remain silent.")

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