

Conflict Assessment Worksheet

Criteria	Rating				
Emotions: Your feelings and those of others involved in the situation. (1 = Low levels of emotion; 5 = intense or high levels of emotion)	1	2	3	4	5
Trust: Confidence in those involved in the situation. (1 = Good, strong trust between people; 5 = Poor or no trust)	1	2	3	4	5
History: The background of the conflict. (1 = Little or no prior history of conflict between those involved; 5 = long or substantial history of conflict)	1	2	3	4	5
Power: The distribution of control, influence, or authority in the relationship. (1 = Equality of power; fair and balanced; 5 = great imbalance; high inequality)	1	2	3	4	5
Total score:					

Interpretation:

A score of **4-6** indicates you can probably safely handle this situation on your own; **7-13** indicates you should probably seek some third party assistance; **14-20** indicates you should probably not attempt to resolve the conflict without some professional intervention.

Notes, observations, and conclusion: