Worksheet 2 – Fight, Flight or Flow

Your Task

A range of behaviours are used as people respond to conflict. They are generally grouped into three distinct behaviours; fight, flight or flow. In groups, use the table below to explore the characteristics of these three behaviours.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Specific examples of  behaviour | Strengths  (long and short term) | Weaknesses  (long and short term) | How it affects the people involved | How it affects the problem |
| FIGHT:  I win/You lose  1.  2.  3. |  |  |  |  |
| FLIGHT:  I lose/You win  1.  2.  3. |  |  |  |  |
| FLOW:  I win/ You win  1.  2.  3. |  |  |  |  |