

Conflict resolution (self-assessed)

For each of the statements, please indicate how much you agree or disagree.

	1 Strongly Disagree	2 Disagree	3 Nor agree nor disagree	4 Agree	5 Strongly Agree
1. It is difficult to find the right words to express myself. 2. I accomplish my communication goals 3. I can persuade others to my position. 4. I express myself well verbally.. 5. Others would describe me as warm. 6. I reveal how I feel to others. 7. I tell people when I feel close to them. 8. Other people think that I understand them. 9. When I've been wronged, I confront the person who wronged me. 10. I take charge of conversations I'm in by negotiating what topics we talk about. 11. I have trouble standing up for myself. 12. I stand up for my rights. 13. I let others know that I understand what they say. 14. In conversations with friends, I perceive not only what they say, but also what they do not say 15. I allow friends to see who I really am. 16. My friends truly believe that I care about them. 17. I try to look others in the eye when I speak with them.					

It is proposed to measure the competence of conflict resolution through a self-assessment tools using a shortened version the Interpersonal Communication Competence Scale developed by Rubin and Martin (1994).