# Identify your part in conflicts

With the aid of the sentences below, identify your part that leads to conflicts with your partner, family, friends, colleagues, or whatever social connection you want to look at. You may add more information as you feel neccessary.

**My Part:**

* I tend to keep my feelings hidden about things that annoy me until I finally explode when I cannot take it anymore.
* I put too much time into my work and I am absent a lot from home.
* I backtrack too much.
* I have very high expectations.
* I expect others to approach me rather then taking steps towards other.
* I discourage others by displaying superior knowledge and attitude.
* I care more for my things rather then for people.
* I actually degrade others while thinking that they don’t understand anyway.
* I take too much responsibility thereby treating others like children.
* I make too many rules thereby basically wanting to control and dominate every situation. All though I outwardly say or appear to work in cooperation with other, in reality I do it only under my conditions.
* I don’t speak openly, about my concerns. I tend to backtrack or sometimes be resentful.

**Additional points**

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