

HOW AVOIDING CONFLICT CAN ACTUALLY CAUSE IT...



You send
mixed signals
to the other



You are not
clear about
what you need



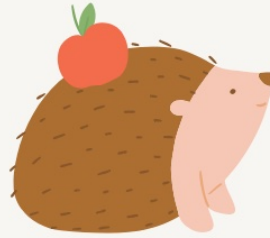
Your silence or
shutdown leaves
the other alone



You say
nothing's wrong
when it is



You don't get
to say what's
impacting you



You hide your
hurt but it
comes out in
your actions



You say "yes"
when you want
to say "no" & it
shows



You bottle your
feelings until
you "blow"