conflict styles

Assessment Description  
Conflict is multifaceted problem that takes understanding its parts and how each individual approaches it such that you can make a constructive solution. This assignment requires you to assess a destructive conflict, your own conflict style, and how to appropriately resolve it.  
  
Write a paper (1,000-1,500 words) doing the following:  
  
Summarize a conflict you recently experienced for the factors that made it destructive in nature. Your discussion should utilize material from Chapters 1 & 2.  
Utilizing the conflict styles assessment on pages 154-155, informally interview two persons close to you about their perceptions of your personal conflict style. Discuss the differences between your own and others’ perception of your style. Include both positives and negatives of your style.  
Reflecting on your destructive conflict, what other conflict style could you adopt to constructively resolve that conflict? This should include prescriptive behaviors that overcome the weaknesses or use the strengths to constructively resolve the situation.  
This paper should include four additional academic sources that support your position. These are outside the textbook.