

One thing I always find extremely distressing in a relationship is contempt. The reason is that if one person is constantly trying to control or take over the conversation it can be extremely difficult to come to a civilized compromise as a solution. The parties involved generally end up just going to a stalemate and getting nowhere. A relationship that has a high amount of contempt would not last very long whether it is a business relationship or romantic relationship. Relationships and conversations in general are all about compromising and having both people in the conversation or relationship feeling that their opinions are valid and listened to. Consideration of the other person's opinions and feelings is most important to a relationship. Any relationship thrives off of openness and understanding through others that's why I feel that contempt would be the biggest issue in a relationship. No healthy relationship would last very long with contempt involved.

My specific conflict management style is a mix of accommodation and avoidance. The reason that I deal with conflict this way is because in my head I know that being understanding and trying to look at other people's views is the best way to resolve conflict. However, I am a competitive person and do not like to be wrong very often. Going to a small school I grew up with a few good friends, and not much opportunity to meet new people. Therefore, keeping the relationships that you have is extremely important. For example, being in a class of six students, and only really liking three of them, creates a situation where you learn to put up with a lot of things that you normally wouldn't. Invariably, if a conflict arose, I would either back off and let things go or I would avoid the situation completely. This may sound as if I am being critical of small schools but this taught me patience as well as many other virtues one must learn in order to deal with other people in such small closed environments. Growing up with mostly male friends has caused me to be very competitive. We all wanted to be the best in just about everything. Being around boys your own age that are constantly competing makes you compete in other aspects of your life as well. Even in situations where you may not need to compete. This can be a good thing or it can be a bad thing. Therefore, if I am to deal directly with conflict, I can be very problematic to disagree with because I will not let things go.

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