

Read the text and fill in the gaps with the words derived from the capitalized words.

Write in **BLOCK CAPITALS** without spaces between the words!!!
(ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!
без пробелов и знаков препинания!)

Avoiding Conflict Altogether

Rather than discussing problems in a calm, (1)_____ manner, some people just don't say anything to their partner until they're ready to explode, and then blurt it out in an angry, (2)_____ way.

This seems to be the less (3) _____ way - avoiding an (4) _____, but (5) _____ it causes more stress to both parties as (6)_____ rise, resentments fester, and a much bigger argument eventually results. It's much healthier to address and resolve conflict.

Assertive (7)_____ can (8) _____ your relationships, reducing stress from conflict.

Situation: "Your friend has shown up twenty minutes late for a lunch date." Inappropriate: "You're so rude! You're always late."

Assertive (9) _____ : "We were supposed to meet at 11:30, but now it's 11:50."

RESPECT

HURT

STRESS

ARGUE (4)

USUAL (5)

TENSE

COMMUNICATE (7)

STRENGTH (8)

COMMUNICATE

