

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

