

Conflict Costing

What will it cost you to solve the problem now?

Emotional Cost

Are you fearful that they will win?
Are you fearful that you might not get all that you want?
Are you fearful that it will look as if you could not fix it yourself?

Time Cost

Are you fearful that things are moving too quickly?
Are you fearful that nothing will change and it will be a waste of time?

Other Costs

Are you fearful of having to face the person you are conflict with?
Are you fearful that you will not be believed or appropriately supported?
Are you fearful that you would still have to work with the person you are in conflict with?

What will it cost you to solve the problem later?

Emotional Cost

Are you preoccupied with the problem?
Is it costing you sleep?
Is it affecting your relationships at home?
Is it affecting your relationships at work?
Do you get angry when you think about it?
Do you wish it was over?

Time Cost

What else could you be doing if this was not happening?
Are you putting off things because this is not resolved?

Other Costs

Is this costing you money?
Is this costing you friends?
Is this affecting your health?
Is this affecting your feeling of being in control?