

Fights, arguments or just plain sulking - every family has to deal with them and we all have our individual ways of reacting to it.

Would you love to know how to get out of the cycle of slammed doors, walk outs or feeling cancelled?

Find out your default response by taking our quiz.

Check out the following scenarios and circle the ones you relate to the most.

You've cooked a family dinner and call for everyone to come and yet nobody arrives.

- a. You feel totally unappreciated, lock yourself in the lounge leaving the table for everyone else - why do you bother!
- b. You shout angrily for everyone to come - they should respect the effort you've made
- c. You wait 10 minutes, they're probably all busy and call them again
- d. You go and find the family and work out why they are all delayed
- e. You put everything in the fridge for another day and order pizza - at least you can all eat together

You've had a busy day and arrive home to find the house a complete mess with no chores having been done.

- a. You do nothing and see how long it take for anyone to notice
- b. You start dishing out sanctions - everyone knows their responsibilities so why should it just be you who does all the work?
- c. You do the basics yourself - you do the best job anyway
- d. You cheerfully start tidying up, after all it's you that likes a tidy house!
- e. You make a fun game out of doing the chores together with the promise of a family treat at the end

You've asked your teenager to be home at a certain time but they are late.

- a. You worry about them but don't want to rock the boat by asking why they were late
- b. You ground them - they know the rules
- c. You do not sanction them this time but if it happens again there will be consequences
- d. Call them to ask if they need like a ride home
- e. You explain its about safety and organise a rota with other parents to make sure they can get home, it will give you a chance to get to know other parents better as well

You've made it on a much needed holiday but being together all the time is causing arguments!

- a. You have a duvet day and retreat - how disappointing after all the planning you've done?
- b. You tell them all that they are lucky to be on holiday and that they should learn to get on together
- c. You think what a shame that they are not getting on better but it's understandable under the circumstances
- d. You let everyone have their own space even though you love seeing them all together
- e. You make some time with each person individually to find out what's going on

Your kids are coming up to exams but there is no sign of any revision happening.

- a. You feel anxious but hope they are working privately - you don't want to add to your stress
- b. Remind them frequently that they should be working - you know best.
- c. Maybe they need a better environment to work in - you don't want to add to their pressure so you set that up
- d. Research how to best help them and put it all into practice
- e. Ask them what the block might be and work together. Revision can be fun right?

The holidays are approaching and you haven't got a plan to fill the weeks ahead.

Your child hasn't taken the initiative to plan anything for themselves and you will be really busy with normal life.

- a. You are overwhelmed by the thought of being family entertainer for the summer again
- b. You start nagging them to find a job/course/camp - they are old enough and they knew this was coming
- c. Yet another thing for you to organise but life has been different since Covid - maybe they are out of practice at organising their social or work life so you can help them out just this once
- d. This is the first summer that feels normal again so you do your best to make arrangements for them
- e. Think this could be a good opportunity to make a family plan for all of us

Whether you are a natural referee or negotiator, no style is right or wrong. The approach you automatically use is based on your life's experiences, your typical way of dealing with stress and beliefs. The style you currently use can either work against you or for you.

Find out below which style you are using and if it is helping you!

What's your default style?

If you answered mostly A's - The Ostrich - you tend to avoid conflict by not pursuing what you think is right or those of another. Ignoring problems can be great in the short term but the root of the issue never gets addressed and there will always come around again.

If you answered mostly B's - The Boxer - you focus on winning and tend to favour your own concerns and . When things seem very black and white they can be dealt with quickly but resentment can build for the future.

If you answered mostly C's - The Negotiator - you look for middle ground and focus is on getting through it. Sometimes you can persuade others to agree with you but often the real issue is buried and can still need dealing with.

If you answered mostly D's - The Peacemaker - you seek to satisfy the concerns of others ahead of your own. It's not about backing down but really seeing the situation from another's viewpoint. You may find that ultimately you feel resentment or exhaustion as your own needs are never met.

If you answered mostly E's - The Collaborator - you tend to explore the issues to discover what's going on underneath rather than taking the problem at face value. Although creative solutions can be found, you might not bring everyone along with you.

How well is it working for you?

Do you feel good about yourself afterwards and did the challenge resolve - or do you often feel guilty, ashamed or stressed?

Use the questions below to see if your default style is working for you.

Think of a time when you have used each of the above styles.

Which style seems most like your natural default?

Which style sounds like a stretch for you?

When is your default style most useful?

When would a different style be more useful?



What are your top 5 values that describe who you are as a person? (e.g. Honesty, Fun, Togetherness)



Think of a current situation that causes arguments. Choose a style to use in this situation

How does this style align with your values?

If you approach the situation aligned with your values, what would it look and sound like?

How do you think others would respond to this approach?



If you would like more information or to talk about your results, drop us an email to team@parentsarepeople.com, we would love to hear from you!

Thank you for taking our quiz,

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Anke & Julia