

## RESOURCES

## **ONLINE ARTICLES**

- Beyond Blue. (2020, May 15). *Resolving family conflict*. https://healthyfamilies.beyondblue.org.au/healthy-homes/resolving-family-conflict
- Garey, J. (2016, February 2). *Conflict over parenting styles*. Child Mind Institute. <u>https://childmind.org/article/conflicts-over-parenting-styles</u>
- Hurley, K. (2018, November 21). 5 strategies to help kids resolve conflict. PBS. https://www.pbs.org/parents/thrive/5-strategies-to-help-kids-resolve-conflict
- Kilmann Diagnostics. (n.d.). An overview of the TKI assessment tool. https://kilmanndiagnostics.com/overview-thomas-kilmann-conflict-mode-instrument-tki
- Lisitsa, E. (2013, April 23). *The four horsemen: Criticism, contempt, defensiveness, and stonewalling*. The Gottman Institute. <u>https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling</u>
- MacArthur, H. V. (2020, March 9). *Workplace conflict part one: Minding your mindset*. Forbes. <u>https://www.forbes.com/sites/hvmacarthur/2020/03/09/workplace-conflict-part-one-minding-your-</u> mindset/#146da8d07c49
- MacArthur, H. V. (2020, March 9). *Workplace conflict part two: Working through emotional defensiveness*. Forbes. <u>https://www.forbes.com/sites/hvmacarthur/2020/03/09/workplace-conflict-part-two-working-through-emotional-defensiveness</u>
- The Gottman Institute. (n.d.). *The four horsemen and how to stop them*. <u>https://cdn.gottman.com/wp-content/uploads/2013/04/The-Four-Horsemen.pdf</u>

The Gottman Institute (n.d.). Research. https://www.gottman.com/about/research

Walcott, T. J. (2020, January 16). 5 types of conflict styles. <u>https://www.uscg.mil/Portals/0/seniorleadership/chaplain/5%20Types%20of%20Conflict%20Styles.</u> <u>pdf?ver=2020-01-16-150312-237</u>

## PODCAST

Semenoff, A., & Saint, C. D. (Hosts). (2017–2019). *Overthinking conflict* [Audio podcast]. <u>https://overthinkingconflict.com</u>

> 24 HOURS A DAY