

**Unit Title:** Understanding Self In Conflict  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC483  
**Ofqual Unit Code:** J/506/0882

This unit has 8 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand own reactions to conflict.	1.1	Give an example of own initial response to conflict.
2.	Understand how others can influence behaviour towards or away from conflict.	2.1	Identify situations where others can influence behaviour towards or away from conflict.
3.	Understand the concept of triggers for conflict.	3.1	Outline the concept of triggers for conflict.
4.	Understand the process of getting hooked into conflict.	4.1	Identify examples of thoughts that get him/her hooked into conflict.
5.	Understand the process of getting unhooked from a conflict.	5.1	Identify examples of thoughts that could support him/her in getting unhooked from a conflict.
6.	Understand significant life events may influence personal leadership.	6.1	Give examples of significant life events that may have had a major influence on own behaviour.
7.	Understand the concept of getting locked into a 'vicious cycle of behaviour'.	7.1	Outline what is meant by the term 'vicious cycle of behaviour'.
		7.2	Outline feelings, thoughts and actions taken as a result of a key past event.
		7.3	Outline the costs and gains of the actions in 7.2.
8.	Understand the concept of choice in terms of choosing alternative actions which will take someone out of a 'vicious cycle'.	8.1	Outline possible choices of action which could take someone out of a vicious cycle.
		8.2	Outline the thinking that might allow these choices of actions.

<b>Assessment Guidance:</b>
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<b>Additional Information:</b>
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