

ACTIVITY 2.2

Internal Stress and Conflict

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CONCEPT

Internal conflicts are inevitable parts of our everyday life. Should we get up early to go for a walk or get some extra sleep? Do we watch our favorite TV show or study for a test next week? Internal conflicts occur when we have to make a choice between competing motivations or actions that are incompatible. This activity should help students generate their own examples of different internal conflicts, as well as differentiate between examples.

MATERIALS

- Student Worksheet *Internal Conflict and Stress*

INSTRUCTIONS

- This activity will take about 15-20 minutes to complete.
- Have students get into groups of two to three.
- Have students review the types of internal conflicts, and generate examples of each type of internal conflict.
- Have students complete the Worksheet, *Internal Conflict and Stress*.

Answer Key

1. Approach-avoidance conflict
2. Approach-approach conflict
3. Approach-avoidance conflict
4. Double approach-avoidance conflict
5. Approach-avoidance conflict
6. Approach-approach conflict
7. Avoidance-avoidance conflict
8. Avoidance-avoidance conflict
9. Double approach-avoidance conflict
10. Avoidance-avoidance conflict

INTERNAL CONFLICT AND STRESS STUDENT WORKSHEET

We all have internal conflicts where we have to make decisions that can have positive and negative consequences. The consequences of these decisions can be appraised differently from person to person. Read through the conflicts and identify which type of internal conflict the scenario describes and the extent to which you think the conflict is a psychological stressor.

Types of internal conflict

- Approach-approach conflict
- Approach-avoidance conflict
- Avoidance-avoidance conflict
- Double approach-avoidance conflict

Internal Conflict 1: Deciding whether or not to do your homework tonight. If you do your homework, you may be rewarded with a good grade tomorrow. If you don't, you could watch Netflix or get more sleep.

What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 2: Deciding whether to go to a concert or buy new shoes with your most recent paycheck.

What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 3: Deciding to get a tattoo. You've been wanting a design for multiple years, but the adult(s) in your life might be disappointed in you.

What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 4: Deciding which college/university to attend after you've narrowed it down to your top two. Both schools have differing pros and cons. For example, one school may be large and in the city, which excites you, but is also extremely expensive. The other school is smaller and further from the city, which you do not like, but is affordable. What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 5: Making the decision to tell your best friend that you are in love with them. On one hand, you may feel better that you are able to share your feelings, but it could also change the friendship, especially if your friend does not love you back. What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 6: Selecting between a KitKat bar or Skittles. (You like both.) What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 7: You just realized that you left your English paper at home, but school starts in five minutes. You have to decide between going home to get your essay or making it to school on time. What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 8: You have been working at a local grocery store, and you just found out that your hours were going to be cut in half. You must decide between quitting and not having immediate work or making half of what you are used to making. What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 9: There is a pandemic, and the recommendation is to not celebrate the holidays with anyone outside of your household. You have to decide whether to visit loved ones or stay home. What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree

Internal Conflict 10: You have been texting your ex-significant other, and your current partner does not know. You can either come clean to your partner and possibly get into a fight or break up, or you can decide to not say anything, which is making you feel guilty and paranoid that your ex will tell your current partner. What type of internal conflict is the scenario referring to?

Statement: This conflict would be a psychological stressor.

1 Strongly Disagree **2** Somewhat Disagree **3** Neutral **4** Somewhat Agree **5** Strongly Agree