

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

Unit Title:	Understanding Self in Conflict
Unit Reference Number:	M/615/8072
Level:	Level 1
Credit Value:	3
Minimum GLH:	27

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know own reactions to conflict	1.1 Identify an initial response to conflict
	1.2 Identify significant life events that may have had a major influence on own behaviour
2. Know how others can influence behaviour towards conflict	2.1 Identify situations where others can: a) influence behaviour towards conflict b) influence behaviour away from conflict
3. Know about the concept of triggers for conflict	3.1 Outline the concept of triggers for conflict
	3.2 Identify thoughts that get a person hooked into conflict
	3.3 Identify thoughts that could support a person in getting unhooked from a conflict
4. Know about the concept of getting locked into behaviour cycles	4.1 Outline feelings and thoughts associated with a key event in the past
	4.2 Identify what these may mean
	4.3 Outline actions taken as a result of the key event
	4.4 Outline the costs and gains of those actions
5. Know about the concept of choice in terms of choosing alternative actions which will take someone out of the vicious cycle	5.1 Outline other possible choices of action which will get someone out of a 'vicious cycle'

5.2 Outline the possible outcomes of those other choices of action

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5.3 Outline thinking that might allow other possible choices of actions