**List of conflict scenarios**

**Approach - Approach**
You must choose between two attractive options.
**EXAMPLE**: Do I want to go to the concert or Cardinals game on Saturday?

**Avoidance - Avoidance**
You must choose between two disagreeable options.
**EXAMPLE**: Should I stay up all night studying for my physics or math final?

**Approach - Avoidance**
You find yourself in a situation that has both enjoyable and disagreeable consequences.
**EXAMPLE**: Should I ask him to the party with me? (He may say yes, or he may say no.)

**Double Approach - Avoidance**
You must choose between multiple options, each of which has positive and negative aspects.
**EXAMPLE**: Should I stay home and wait for my boyfriend to call me, or should I just go out with my friends? ​