**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? ​