

Abstract

The present study investigated the relationship between childhood trauma, automatic thoughts and conflict resolution styles in adolescents. The study sample recruited through purposive sampling, comprised of 600 adolescents from different public and private schools of Lahore. The instruments used were Childhood Trauma Questionnaire (Bernstein & Fink, 1996), Automatic Thought Questionnaire (Kendall & Hollon, 1980), Thomas and Kilmann Conflict Mode Inventory, (1976). Statistical analysis were carried out on the data by Pearson Product Moment Correlation, Multiple Regression Analysis, Independent Sample t-test and Cross Tabulation. A significant positive relationship was observed between childhood trauma, automatic thoughts avoiding and competing conflict resolution style. The results also revealed significant negative relationship between childhood trauma, compromising, collaborating and accommodating resolution styles. Similarly negative relationship was found between automatic thoughts compromising, collaborating and accommodating resolution styles. In addition age of the participant, birth order and relationship with father were predicted automatic thought positively. All types of trauma predicted all types of automatic thoughts positively and significantly. Emotional abuse, sexual abuse, physical abuse, emotional neglect and physical neglect predicted negative self-expectations, low self-esteem, helplessness, personal maladjustment and desire for change and total automatic thoughts positively and significantly. Significant gender differences were observed in all types of trauma, automatic thoughts and conflict resolution styles. Lastly, significant differences in conflict resolution styles were observed between the group with childhood trauma and the group with non-childhood trauma. The findings may have implicated in the cognitive management of trauma effects and teaching constructive conflict management styles to adolescents.