My Experience of Overcoming Conflict

Conflict means a serious disagreement or argument. Changing views on things, work processes, thought systems and cultural values are common wonder observed in any work environment. It would be quite dull and boring if everyone working within the organisation had the same point of view. This would simply suggest that since everyone is of similar opinion, they would not have a lot to add to each other's knowledge and experience. While working in an environment there’s there are mixed opinions is interesting and insightful, at the same time these very wide - ranging views can become reasons for conflicts. There are two types of conflict: Internal conflict and External conflict. In internal conflict, the conflict is between person vs itself. And in external conflict, the conflict is between, Person vs Nature, Person vs Society, Person vs Person

Conflicts happen all the time between friends, members of the family, or even strangers. In some cases, the problem can be and has to be solved, while in another, it is better to avoid it. I faced some conflicts, sometimes it has been resolved and sometimes we just not try to give any effort to overcome that misunderstanding and that conflict remain unresolved. I had a friend with whom I had a conflict because our interests did not match. We just started to like different things, and while I was trying that I my friend must have same interest which I have. One day she called my interests stupid, and I answered her the same, and after that, we have not communicated due to which it leaded to end of friendship with my friend as we both had different point of view we had different interests

And the other eventually the conflict which I resolved by hearing and talking to my friend with whom I had misunderstanding strengthened my relation with her we heard and talked to each other and discussed about that misunderstanding. The resolved conflict in my experience was a fight with my best friend because one of us wanted us to go to a party together, and another thought that we should study. The unwillingness of each of us to listen led to a stupid argument in which we said unpleasant things and then did not talk for several days. However, a week later, we accidentally met, talked, and heard each other. I realized that my friend was just uncomfortable in places with a lot of strangers, and She realized that I was more interested in communication than observation. As a result, we agreed that we would alternate between these kinds of activities.

Conflict resolution is a valuable skill that can help you improve your relationships, reduce stress, and achieve your goals. However, it can also trigger strong emotions, such as anger, frustration, fear, guilt, or sadness, that can stay after the conflict is resolved.

Thus, the basis for a resolving any conflict is the wish of people to listen and try to understand each other. In my case, the conflict ended with win-win results, although we both made concessions. However, unresolved conflict can lead to negative consequences, even if they do not harm anyone directly and do not affect people’s lives, they can bring unpleasant and depressing feelings for them.