**Essay**

My Experience of overcoming conflict

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Conflict can be defined in many ways and can be considered as an argument, misunderstanding, bad attitude towards something, aggression, expression of hostility and disagreement etc. Conflict arises from difference both large and small. It occurs whenever people disagree over their values, motivations, perceptions and ideas .Conflict is an expressed struggle between two or more independent parties.

Conflict can arise at anytime, prevention and early resolution are the most effective. And for this understanding all rides of the issue, assessment of the possible options available at that time, taking any kind of action and then it's reflect on the situation are the key points.

Conflict is an everyday occurrence at school, at home, at job or anywhere. Their are people with different mindset, beliefs and experiences. Lack of opportunities, poor management, lack of intrest, poor communication , personal differences can cause a conflict. some conflicts are physical but mostly conflict starts when we don't agree and understand what someone else says or feels. Conflict happens in all relationships especially those where we are very close to the other person and emotionally attached. people are different and having different needs and thoughts and protect their own interests.

In my life experience whenever a conflict rise is mostly due to lack of common understanding, poor communication skills, unclear expectations and disagreement either personal, financial or emotional.

My experience with conflict has been mixed up. l have an opportunity to grow up and take my responsibility by opening my eyes. The conflict has helped me to take a step back and view my actions in third party. conflict helped me to achieve my goals. In my life leave learnt from my mistakes and those around me. Resolving a conflict is essential to avoid more big problems and issues that may involve the whole society. But when issues and conflicts are not dealed Wisley a negative impact comes out. Therefore we should always deal with a conflict Wisley and nicely.

Whenever I get in a conflict with someone, l take a deep breath and sit with that person and communicate, this is the first step towards conflict resolution and we all should do . We both listen to each other and spoke openly about the frustration, and the situation. After resolution we decide to make rules to prevent future conflicts. We stay away sometimes from each other when we are annoyed. We apologise for our actions and acknowledge the pain we both infected on one another to move forward we have to forgive each other. At first it was difficult to follow plan .But we both make conscious effort to treat each other with respect and love, and understand the **circumstantial** feelings ones going through and moved forward with a better and strong relationship.

Conflict is often viewed as something negative . However not all Conflict is destructive and may lead to better outcomes and more innovative ideas of life. But sometimes when issues are not discussed or addressed in a productive manner a negative Conflict comes out.

In my life Conflict between people are normal, natural and inevitable part of life at school, at home and in our relationships.

I always experience a positive Conflict is constructive. It produces new ideas, solve the problems, provides an opportunity to expand ones skills and creativity and a breakthrough in thinking can occurs. Sometimes Conflict is normal and even necessary because it can help us feel more connected and handle the life in healthy and Wisley manner. It is a normal aspect of social life and provides opportunity to grow and beginning of consciousness and encourage the open mindedness.

In conclusion Conflict among friends and family members are inevitable. However communication, understanding and forgiveness are kyes to resolving any Conflict. My experience taught me that every relationship is worth fighting for and the effort put in always pays off with the determination, patience, love and willingness to change any Conflict can be overcome.