**“My Experience of Overcoming Conflict”**

Conflict is an inevitable part of life, whether it arises in personal relationship academic settings or professional environments. It tests our resilience, adaptability, and interpersonal skills. My own journey of overcoming conflict has been both challenging and enlightening, shaping me into a more resilient individual. In this essay, I will share my experiences of facing and overcoming conflicts, highlighting the personal growth achieved along the way.

Every conflict begins with a trigger, whether it’s a disagreement with a friend, a clash of opinions in a team project, or a misunderstanding with a family member. My experience is also a bit similar with it. So my experience began when I was young. I had a friend actually you can call it a best friends duo. We used to send and receive gifts from each other and also our parents were familiar with each other’s background and somehow they were friends. One day I got a request from the popular girls of our class to be in their group. So I didn’t waste a second and accepted the request but there was a problem that I didn’t notice. I later went busy with them and forgot about my best friend. That’s how a conflict between me and my best friend started.

Conflicts often arise from differing perspective and expectations. The time when I realized it was too late. I went straight to her but later end up finding out that she had also join a group of girls. When I tried to talk to her she refused to talk to me. I felt really bad but tried to apologize but there was no point for another chance. All of the sudden as we both were good at studies, our teacher suggested us to switch to O-Levels. When I switched to O-Levels she was not there. I even tried to apologize again but still I wasn’t too good.

Overcoming conflicts requires resilience and the ability to bounce back from setbacks. I knew that all the apologies are not going to work anymore so I choose to remain resilience because I thought it was the best way I could find and also a person can have his personal space to think deeply about a conflict and I think resilience is the only way through which a man can recover or move on or you can say overcome from a conflict. Relationships going through conflicts or misunderstandings may get together by staying resilient at several places.

However, in the end I join the drum team of our school and my so called best friend remains as a far apart know friend. As she joined the group of mean girls it was obvious that she would became mean by living with them. However, one day I asked my friend to give her an apology card from me but she never respond back so I just move on.

 Like how every conflict presents an opportunity for learning and personal growth, the lesson I got after this accident of conflict in my life is ‘don’t look for gold while you have a diamond’. This experience had provided me with a lot of personal mindset development.

Overcoming conflict is a transformative journey that tests our resilience, challenges our perspectives, and fosters personal growth. Through empathy, resilience, and constructive communication, conflicts can be transformed into opportunities for learning and strengthening relationships. My own experiences have taught me the importance of embracing conflict as a catalyst for growth and self-discovery, and I am grateful for the lessons learned along the way.

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