**My experience of overcoming conflict**

Through out my life, there have been many different times in which I have faced conflict. While conflict is not the most comfortable obstacle to encounter, it can often have a beneficial outcome for most parties. Conflict occurs when contrasting beliefs, information, or opinions are present in a situation. This contrast can often lead to cognitive dissonance. In order to resolve this dissonance, the conflicting feelings or opinions need to find some kind of common ground to reach a mutual agreement. In my experience, when I find myself in conflict, I am very understanding to others’ points of views, but I also know when to stand my ground. The place where I have encountered conflict most is in my personal life, or relationship conflict. As I have grown, I have learned that people come and go in your life due to many different reasons. I have a normal ability to handle conflict, and I employ many of the different strategies there are to combating problems. However, there are some that I use more than others. I try not to avoid conflict because I feel that this often times can create even more conflict. There are times when I am too assertive, and I can be hesitant to bring in outsiders, even though this can be a very effective way to resolve conflict. I have also learned that sometimes the hardest part in reaching functional outcomes is recognizing when there is conflict, and deciding on what the best approach is to solving the issue. After taking this class, I will have much more tools to step back from conflict and look at it with a more informed lens. Through my entire life I have seen many tough people, I have seen many harsh sights, and faced many difficult challenges. Accomplishing these things seems to be easy, but I believe I have not only overcome these challenges, but used them to develop myself as a person . I look back and feel happy for having such wonderful people, like my Mom, in my life to comfort me through all of my anxiety. I think of how lucky I am to have parents that care about me, and a Mom who sacrifices things she has to make me happy.

Conflicts happen all the time between friends, members of the family, colleagues, or even strangers. In some cases, the problem can be and has to be solved, while in another, it is better to avoid it. All conflict situations are based upon facts and a truth. Conflicts are supported by the relationship between causes and effect; a person can usually determine very easily the outcome of every conflict if certain decision is made in how to solve the conflict. For example, a student has been invited to attend an event on the same night he knows he should study for a test. The student knows he does not know the test subject well and therefore knows he will not do well on the test if he does not study. The cause of the conflict is the test; the effect of not studying for the test is most likely going to be the student getting a poor grade on the test. The logic is very simple in this example. The student can easily foresee what will happen if he chooses not to study for the test Conflict is not an unnatural phenomenon among human beings of any background. It is very normal for us to sometimes have oppositions and struggles when relating with each other. As long as people interact as the social beings we are, conflicts will occur on occasion. Knowing that there is no way to avoid running into conflict with people, it is important to be informed on ways to manage them when they occur. It is also important to know how to handle conflict because it can reflect our relationships with others and our frame of mind at times.

Because of the uniqueness of every human interaction, each conflict is different and not all of them can be handled the same way. Conflicts that occur in a classroom setting, work place and even between friends cannot be handled the same way. Managing conflicts takes a level of thought and finesse. The only people we truly and completely understand are ourselves. We can only understand other people to a certain degree through personal feelings and social perception. So that is why it is important always make an effort to get to know people so we can understand things from their vantage point.