My experience of overcoming conflict.

Today, our lives as normal human beings is not easy. True as it is, we have to overcome several challenges in our daily lives. For example, in our homes, professional lives etc.

Throughout 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. Normally, when I find myself in conflict, I am very understanding to others’ points of views. But I also know when and where I have to stand my ground.

But what actually is conflict?

Conflict is a serious disagreement or argument typically, a protracted one. It is also known as a struggle or clash between opposing forces.

Personally speaking from my experience of a conflict, I believe that some conflicts are for our benefit. They teach us how to manage and organize our lives. Some conflicts benefit us whereas some ruin us.

I still remember my experience of a conflict which really helped me grow. Two or three years back, I was stuck, like really stuck in a conflict and I knew I could not rely on anyone to resolve it for me. I had to do it myself. There was this girl whom I accused of stealing my best friend. Although we never got in a serious fight, we disagreed on almost everything and these invisible walls started growing between us. In some conflicts, there is a time when you should really get in terms, not with others but, yourself because sometimes it is not always necessary that the other person is at fault. Deep down, you are the one chaining yourself down. So once I was sitting alone during break and I asked myself, ‘*why does she behave like this always?’* Then, finally I had this moment of clarity. I realized that she was not at fault for literally anything. It was I who was chaining myself down on the poles of darkness. I know this conflict of mine is a very controversial one but this was the conflict which really helped me grow spiritually and mentally. Sometimes you really need to sort out your emotions and further on prevent them from getting all jumbled up again. Everyone has this special moment which helped them grow, I had this conflict of mine. The change in me was visible to not only my family, but my friends as well. When I finally approached that girl, I explained my issue, I tried to be as open as I could. I tried my best to smile and stay positive. I still remember her shocked face as she told me how sorry she was for making me feel that way.

The feeling of resolving a conflict is great. You feel like you have achieved something great. There are less ‘main’ conflicts in my life. But when I go through a ‘main’ conflict, I know how to handle it.

Conflicts happen in our life with loved ones and dear ones, everyday. If we do not know how to handle them, we cannot hope for a good and satisfying life. These components of conflict resolving skill should be learnt and practiced on daily basis so that we learn the major way of making our lives better and to make us beneficial human beings of the society. The steps to go about it in a simple order are whenever one starts having an issue, the first thing that should click our minds is who the opponent is which will very clearly determine our limits by identifying our relationship towards the opponent. Finally what I have personally felt if you have an art of resolving your conflict, you will have absolutely no stressors in life and the quality of your life will keep increasing. Communication skill is an art to a better and successful life.

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