**ESSAY**

**MY EXPERIENCE OF OVERCOMING CONFLICT**

* Conflict arises from differences both large and small it occurs whenever people disagree over their values motivations perceptions ideas or desires sometimes these differences appear trivial but when a conflict triggers strong feelings a deep personal need is often at the core of the problem conflict is an inevitable part of life and it can take many forms from disagreements with loved ones to clashes with colleagues or even internal struggles in my life I have faced my fair share of conflicts but one experience that stands out was a disagreement with a close friend that lasted for months
* It started with a misunderstanding a miscommunication that escalated into a full blown argument we both said things we didn’t mean and the hurtful words lingered creating a rift between us for a while we barely spoke and when we did it was tense and strained
* But as time passed I realized that the conflict was not only affecting our friendship but also my mental health I was constantly worried anxious and stressed replaying the argument in my head wondering what I could have done differently that’s when I knew I had to take action to resolve the conflict
* I initiated a conversation with my friend; and we started talking about our feelings our fears and our concerns it wasn’t easy; we had to navigate through our pride and ego, but slowly, we began to listen to each other, to understand each other’s perspectives. we apologized forgave , and worked towards healing
* Through this experience, I learned valuable lessons about conflict resolution. I learned that conflicts are not inherently bad; they can be opportunities for growth, learning, and deeper connections. I learned that effective communication active listening and empathy are essential in resolving conflicts and most importantly I learned that forgives and understanding can heal even the deepest wounds
* This experience has shaped me into a more empathetic and understanding person I now approach conflicts with a calm and open mind knowing that there is always a way forward always a chance to learn and grow and I am it thought me the value of forgives understanding and the power of human connection

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