

## *MY EXPERIENCE ON OVERCOMMING CONFLICT*

*Overcoming conflict is a challenging and transformative experience that has taught me valuable lesson about empathy, resilience, and understanding. In my life, I has faced several conflicts that have tested my resolve and force me to grow as a person. One particular experience that stands out a disagreement with a close friend that lasted for several months.*

*At first, the conflict seemed insurmountable, and I left hurt, anger, and frustrated. However as time passed, I realize that holding on to these emotions was not only harming my relationship but also effecting my mental health. I decided to take first step towards resolution by reaching out to my friends and expressing my feelings in a calm and respectful manner.*

*The initial conversation was difficult, but it opened up a channel for communication and helps us to begin understanding each other's perspectives. I learned that conflicts often arise from misunderstanding and*

*miscommunication, and that active listening and empathy can go a long way in resolving them.*

*Through this experience, I developed essential skills like effective communications, compromise and forgiveness. I understood that conflicts are an inevitable part of life, but it's how we respond to them that matters. We can choose to let conflicts break us, or we can use them as opportunities for growth and learning.*

## ***Steps that can be taken towards resolution***

*1-I decided to take first step towards to resolved our problems or our differences and emerged stronger and wiser.*

*2-And even in dark moments, there is always hope for resolution and reconciliation.*

*3-And apply to these lessons to other areas of life.*

*4-Avercomming conflict requires courage, empathy, and a willingness to listen and learn.*

*5-A overcoming conflict has made more empathetic and resilient, person, and grateful experience.*

### ***Some other ways to resolve conflict***

***Talk directly*** *Assuming that there is no threat of physical violence, talk directly to the person with whom you have the problem. Direct conversation is much more effective than sending a letter, banging on the wall, throwing a rock or complaining to everyone else.*

***Choose a good time*** *Plan ahead and allow yourselves enough time for a thorough discussion. Don't start talking about the conflict just as the other person is leaving to make dinner, for example. Try to talk in a quiet place where you can both be comfortable and undisturbed for as long as the discussions take.*

***Don't blame or inter call*** *Antagonizing the other person only make him harder for him or her to hear you and understand your concerns. Don't blame the other person for everything or begin the conversation with your opinion of what should be done.*

***Give information*** Don't interpret the other person's behavior. "you are blocking my driveway or purpose just to make me mad" instead, give information about your own feeling's "when your car block my drive way I get angry because I can't get to work on time.

***Listen*** Give a other person a chance to tell his or her side of the conflict completely. Relax and listen; try to learn how the other person feels.

***Show that you are listening*** Although you may not agree with what is being said, tell the other person that you discussing the problem together.

***Talk it all through*** Once you start, get all the issues and feelings. out into the open. Don't leave out the part that seems too "difficult" to discuss or too "significant" to be important. Your solution will work best if all issues are discussed thoroughly.

*"Think about what you want to say ahead of time. Explain what the problem is and how it affects you .When you reached this point in the discussion, start working on a solution. Two or more people cooperating are much more effective than one person telling another to change. Be specific: "I will turn my music off at midnight" is better than a vague "I won't play my music anymore".*

*Experience of interpersonal conflict*

*Inter personal conflict are inseparable elements of living in human society and building relation with other people. Even though their scope varies, there are some universal strategies, which can be deployed to solve them, referred to them as communication and theories.*

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