

Learning and Growing from the Experience of Overcoming Conflict

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Conflict is an important part of life that cannot be avoided at all levels of relationships, whether in the house or in society, caused by disagreements or choosing different ways. In addition, the level of conflict that occurs will be more or less severe, depending on the management and coordination of the interests of the dominant group. According to the concept of Ralf Dahrendorf, conflict is a good opportunity to learn and manage to build strong relationships and valuable growth in our lives.

In my opinion, conflicts can be divided into two types: 1. conflict in relationships; and 2. social conflicts. Conflicts in relationships can occur at any stage of life, whether with family, lovers, or friends. The cause may be disagreements in decision-making or misunderstandings. As for social conflicts, there are many reasons, such as social inequality, values, or divisions in governance, policies, or solving social problems.

Overcoming conflicts is important to create understanding and build a good relationship. When we encounter conflicts, the important thing is to listen and try to understand the other person's reasons. Open your mind to talking as well. We should speak openly and honestly about feelings and opinions to better understand each other. And trying to find a solution together is another thing that can overcome conflict.

Moreover, overcoming conflicts is a skill that can bring many benefits. When we have to face conflict, we need to have the guts to tackle it and confront the issues. This will result in us learning to solve problems peacefully and respect others. It also creates a more harmonious and peaceful society.

In conclusion, conflict is a part of life, and learning to overcome conflict efficiently can lead to great growth. At the same time, I have realized the importance of listening to others. I really believe that we can overcome conflict and build stronger relationships with everyone.