

The Conflict and Overcoming from It

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Everyone who is living on this planet wants a peaceful life. In fact, aside from peace, we all have the opportunity to encounter and work through conflict. Catherine Morris once said conflict is disagreement or hostility between individuals or groups from two or more groups. Conflict is caused by irreconcilable objectives and incompatibility in terms of needs, desires, values, beliefs, and attitudes. Conflict is an essential part of what allows us to live mindfully and helps create a more fulfilling life. Moreover, overcoming conflict will be a lesson that will help create important experiences in our lives.

From my point of view, conflict can be divided into two types: 1. conflict within myself and 2. conflict in relationships with another people. A common self-conflict that arises for me is that I want to overindulge in something that creates pressure and stress. For example, I intend to study for a GPA of 4.00, but there are some subjects that I don't like and am not good at. In the end, the results were not as expected. This conflict might come from doing activities in class that I don't like. Conflicts that occur with people are caused by different opinions or misunderstandings.

Of course, conflict is something that everyone does not want to face; however, when it enters our lives, we must learn from it and live with it. Self-conflict is what makes us aware of what we like and don't like. We should accept that we are not good at everything. We should be intentional and accept mistakes that may occur later. We can't change what we don't like, but we can adapt to live with what we don't like or put our effort into accomplishing what we don't like. Conflicts with people are caused by misunderstandings in communication. When problems arise, we should continue to communicate with reason and sincerity.

Furthermore, we are born with the instinct to fight for survival and peace in our lives. Moreover, conflict that occurs within ourselves or with people around us is something that we cannot avoid. When it comes to us, we have to be conscious and dare to face that conflict courageously. We can learn to create new life experiences from conflict to create happiness in our lives. When we have the joy of overcoming conflict, we can help those around us by providing explanations, communication, action, and being there to offer encouragement and support.

In conclusion, peace is something that every human desires. Conflict, on the other hand, is something that no one wants to face. Every confrontation we encounter in life has the potential to be both beneficial and detrimental. It can evoke feelings of fury, fear, guilt, entrapment, and resistance, in addition to inspiration, enlightenment, learning, transformation, and progress. The decision rests with us and our readiness to confront and overcome our opponents, rather than with them. I truly believed that we could overcome conflict on our own and create interesting life experiences. Overcoming conflict builds relationships among those around us to understand and develop the existing society.