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## **Title : “My personal experience of overcoming conflict”**

**Conflict is serious disagreement and argument about something important. If two people or groups are in conflict, they have had a serious disagreement or argument and have not yet reached agreement. Try to keep any conflict between you and your ex-partner to a minimum**

**We can never avoid conflict, we have to face it one way or another.**

**In a world filled with diversity, conflict is an inescapable and incredibly important element in our lives. Conflict occurs when there is a difference of opinions, ideas or morals between individuals, groups or even within ourselves. It is what allows us to grow and further develop our lives and forces us to change the way we think and act. Conflict makes us compromise and learn from our mistakes. It is true that we can never avoid conflict and we must face it in one way or another in our lifetime.**

**To begin with, positive conflict resolution, also known as healthy conflict, occurs when people at odds exchange their differing views in a productive, constructive way. Each side acknowledges the differences and attempts to understand where the other is coming from.**

**A negative conflict occurs when issues are not discussed or addressed in a productive manner. A positive conflict happens when issues are discussed or addressed in a productive manner.**

**In our existence we face many different types of conflicts; some bear little significance while others immensely transform our way of life.**

**In addition, I had a friend with whom we had a conflict because our interests did not coincide. In high school, we just started to like different things, and while I was trying to initiate a friend into my interests, she just spent time with her friends. One day she called my interests stupid, and I answered her the same, and after that, we have not communicated. I think this conflict could be resolved if we tried to learn each other’s passions.**

**Moreover, to desire more than what is**

**needed is second nature to humans. Often this is complemented by jealously and is a recipe for disaster. Throughout our lives we will be envious of those around us and feel as if what we possess is not adequate for our needs. Not only does this cause conflict between individuals and groups, it destroys relationships between families and friends. Many conflicts around the world arise from envy.**

**Furthermore, another key example of this can be seen in a conflict between India and Pakistan over the northern border of Kashmir separating the two countries. Each claims it to be theirs and has caused frequent conflicts over the past decade resulting in the deaths of many civilians.**

**We as humans must overcome many conflicts in our daily lives. These may be small and trivial at times but can also be immense and life changing. Even the simple task of getting out of bed on a cold morning may seem like a huge undertaking while a severe dispute within a social group resulting in exile will lead to life changing consequences.**

**In conclusion, conflict resolution is the process of ending a dispute and reaching an agreement that satisfies all parties involved. Since conflict is an essential part of being human, effective conflict resolution is not designed to avoid disagreements.conflict may even occur unknowingly to one’s self through actions that affect other individuals. Not everyone gets along with the people around them due to different habits, behavior traits and way of life leading to disparities and conflicts.**

## ***Best Regards,***

## ***Prepared by: “ Mursal Sadat”***