**Break the cycle**

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Resolving conflicts is difficult, and even more so if we do not learn to face and resolve them, instead of running away from them, because then we enter a vicious cycle in which we repeat patterns with problems that we have not learned to resolve and cope with. When we talk about resolving conflicts, normally the first solution they give is to talk things out, but then what happens if the conflict is that we do not know how to communicate or express how we feel about a situation with others? That is my case, it is too complicated for me to communicate with others when trying to resolve a conflict, whether it is giving my perspective of the situation or how it makes me feel and it is something that constantly affects my life because communication is an important aspect. When it comes to wanting to solve something, that is the cycle that I must break.

I have gone through several situations that have made me realize that I follow a pattern: the most recent is with my father, since I was very young I have been very communicative with my parents, I always had trust, but since my parents divorced, I lost that communication with my dad because he hasn't been as present lately.

The situation or problem here is that in the divorce agreement it is that we must spend the weekend with my father and the rest of the week with my mother, but certain points are stipulated that it must be a space only for them, that he has all the basic needs and we are comfortable, which my dad is not fulfilling, because he leaves us the entire weekend that is supposed to be his turn with my grandparents, my brother and I do not have a good relationship with my grandparents, which causes us to not feel comfortable being there, although being there we don't need anything, clearly not spending that time with him and being in a place where you don't feel comfortable, is a bit unpleasant and sad . Obviously, because we trust my mom more, we told her what we felt and the reasons why we didn't like going there on the weekends, so my mom told my dad that, but he thought they were lies. and so on many occasions, until one day my brother and I dared to tell him how we felt, that didn't work because he simply invalidated what we told him, so we preferred to stop telling him how being in that place made us feel.

It was until recently that my grandmother and I had an argument, because she slapped my brother without him having done anything. When this happened, my mother immediately picked us up from that place. From that day on we did not return for more than two months. To my knowledge, my father didn't look for us or anything, although we told him about what happened, which he didn't believe, because he thought my mother was making it up.

A few days ago we saw him to talk about what happened and he made us tell him again and again what happened, according to him he was going to change the situation so we went back to see him on the weekends, but the same thing happened, we went back to stay with my grandparents.

To resolve this conflict, I think it would have been useful if we had communicated everything to my father from the beginning, as well as how it was not okay for him not to comply with an agreement that was made legally, to tell him how this situation makes us feel and how it affects us. Although we also have to talk about the fact that it is important that when someone communicates with us we have to learn to empathize and validate the other person's feelings, learn that it is important to express how we feel and our perspective of the situation or problem we are going through. The greatest learning that this situation left me is to never shut up, learn to open up and communicate everything I think and feel.