

## ***MY EXPERIENCE OF OVERCOMING CONFLICT***

We cannot win without conflict. Conflict is known as some serious argument or disagreement between two or more two people. In other words, conflict is defined as the behavior due to which people differ in their feelings, thoughts, and actions. Conflicts are present in every individual during daily encounters. In addition to that they can also occur in an individual professional and personal life. Throughout history, humankind has experienced conflict. Our histories are littered with numerous examples of struggles and tensions between individual and their family within wider communities and indeed among nations. Sometimes when conflict triggers strong feelings, a deep personal need is often at the core of the problems. There are many causes of conflicts. Some of them are negative thoughts, stress, frustration, lack of trust, ignorance, comparison, misunderstanding, differences in values and goals, personality differences, jealousy, lack of respect, and many more. Conflict can also affect people. Some effects of conflict are creative ineffective working groups, breaking down communication, reduce the exchange of ideas and information, causing productivity to suffer, contributing to insecurity and uncooperativeness, destroying trust, communication breaks down, breaking up relationships, leading to hiding feelings or close yourself off from more intimate relationships and many more.

Here are some examples of conflicts between people and countries. Let me take an example of two countries Israel and Palestine. According to my research, I found out the main reason and actions that caused this war between these two countries. As we all know Israel is the world's only Jewish state located just east of the Mediterranean Sea. On the other hand, Palestinians, the Arab population that hails from the land Israel now controls refer to the territory as Palestine and want to establish a state by the name of all or part of the same land. The Israeli-Palestinian conflict is over who gets which and what land, and how it's controlled. Though both Jews and Arab Muslims date their claims to the same land back to a couple

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**thousand years. The current political conflict began in the early 20th century. Jews felt persecution in their homeland in what was then an Arab, Muslim majority territory in the Ottoman and later British Empire. The Arabs resisted seeing the land as rightfully theirs. An early United Nations plan to give each part of the land failed. This was only one example of conflict but, there are several examples of it. Now, let me give one other example of conflict. The main cause of conflict between India and Pakistan is a dispute over the origin of the region of Kashmir. At the end of the war years 1947 -1949 India gained control of about two-thirds of the region, and the rest retreated to Pakistan. The Kashmir conflict led to tense relations between the two countries and has continued to these days. As we all know conflict can happen anytime everywhere and between anybody. Let me give some causes of conflict that can occur in school punishment, teasing, bullying, jealousy, theft, insults, gossip, disobedience, and many more.**

**We all face conflict in our lives.**

**Likewise, I also have faced several of them. Some of them were solved in a short span of time but some took a lot of time to solve. Now, let's give one of my personal experiences related to conflict. But, this conflict didn't go long. The conflict happened when we were doing our SQC presentation. This incident occurred a few days before our case study presentation which was held in our school. A conflict occurred between me and my friend and the main reason behind this conflict was about, who was going to present the main part of our case study. We were constantly fighting over that part. Later, the next day our group/team leader saw and then decided to give the chance to another member of our group. After that conflict happened we realized that we should not fight or make big issues over small things.**

**Talking about the effects of conflicts there are so many ways to solve conflict, which is also called conflict resolution or conflict management. Some effective ways to solve conflicts are listening carefully, separating the person from the problem, working together, being calm while discussing, describing the conflict carefully, identifying the solutions to the problems, etc. When conflict occurs**

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**some people feel anger, pain betrayal, and frustration but, in my case, I feel regression, disappointment, and discomfort. Therefore, we should try to avoid conflicts as much as we can, because avoiding conflict can trigger our negative emotions and thoughts, help us to think better about any topic, feel more calm, relaxed, and peaceful, build confidence, build up our relationships, and many more. Facing conflict can damage our physical, mental, and social health. Therefore, it's better to avoid conflict.**

**- THANK YOU**