**“My Experience of Overcoming Conflict”**
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 468 words*

 Conflicts are so inevitable, but we need to experience it at some point and learn how to overcome it. I’ve experienced a lot of conflicts or arguments the past few years, and I learned how to overcome every bit of those conflicts and many more. Small conflicts can turn into Big conflicts, it isn’t really easy to accept or overcome it though, you must gain an understanding that you must accept it, it’s natural.

This is my experience of overcoming conflict/s; I used to have this ‘friend’ of mine, who I thought they were my friend, No, she was not. We used to be the best of friends, we’d fool around act all silly and all. December 25th, 2021, the day she blocked me on all of my social medias except for messenger, I asked her why she blocked me yet, she ignored it and changed the topic instead. January 27th, 2022, the day she sent me those cruel messages, she went on and on about hoping that I’d die. I was so distressed and confused why she would do that to me, when all I ever did was treat her as if she was my sister.

My answer to that conflict/issue is just ignore and move forward, people who make you feel so guilty and sorrowful are not important in your life. I just completely erase her from my life, she was not relevant to me, people will just find ways just to let you down.

Another conflict, Its an argument between me and my current friend. We’d fight all the time even the smallest issues, for example; When she wants to play some games with me even though I’m busy, she forces me to do it anyway and then we’d argue about it all day or we’d give each other silent treatments for the rest of the week. Sometimes, she never really cares about what I’m feeling. me, feeling bad for her, I just go with it either way. My friends told me that she was trying to make me feel guilty at that point. I apologized to her, every time we fought/argue, I’ve always been the one apologizing repeatably, and that’s when I realized that they were really making me guilty.

This is how I overcame this conflict, I confronted her about it and told her that we should stop talking for awhile so that we can both take a break from each other.

These are my experience of overcoming conflict, It was not easy to overcome such conflicts. I learned a lot such as empathy, communication skills, resilience, and the importance of compromise, I also developed better problem-solving skills and gain perspective on different viewpoints. Additionally, I learned the importance of forgiveness, patience, the value of maintaining healthy relationships, and how to set boundaries.