

Overcoming Conflict: There's always a hope for everything

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341 words

Conflicts are described as a collision, It arises whenever individuals have different opinions, values, interests and more. Also, conflicts can be internal. Internal Conflicts happen when people struggle to change or understand themselves, where they always question themselves. These kinds of conflicts are destructive and depressing because lots of people are struggling to overcome it. It is of course hard to overcome it because there are many challenges that's ahead of you, and there are times where you don't know how to handle it. However, It is not Impossible to overcome conflicts because there's always a way for everything. In fact, conflicts helps us to become stronger.

Of course, I've had an experience of overcoming it; all of us actually do. Based on my experience, having conflicts is really hard to get pass by when you have no one to help you because you have to handle it yourself. Sometimes I'm thinking of giving up just because I do not know how to overcome it. But I always find a way how to rise up again, many things helped me to overcome conflicts such as doing that makes me happy and comfortable. There are many ways to overcome it, that is why do not lose hope. Conflicts made me realize that there are many challenging things in life, at first you don't really know where to start, but you'll get over it. Because this challenges makes you stronger everyday. I could use it to acknowledge people that having conflicts doesn't mean it's the end of the world, conflicts are actually making you how to become a stronger and wiser person.

To sum up, conflicts are very hard to be overcome, it is because lots of people are suffering from understanding either others or themselves. Handling conflicts are very difficult to do, but there is always a way to get pass by it. Just like what I have mentioned a while ago, conflicts make us strong mentally and physically because they teach us how life works — not everything is easy in life.