

Firstly, do we all know what conflict actually means? According to the dictionary, conflict is a struggle, disagreement or an argument between people. But, I explain conflict as the situation happening when you disagree with someone on a definite subject. Conflicts can also be positive because we can learn from them, we can even gain new ideas. There are many reasons of conflicts: family issues, financial problems, beliefs, and also communication problems. These are the problems that we can have in our lives; it's definitely normal to have conflicts, but it's not impossible to manage them. Conflicts are inevitable parts of our life; we can resolve them by building an empathy skill with others, respecting other people's ideas and beliefs, practising communication skills to fix the disagreements.

Mohsin Hamid, the author and brand consultant once said that empathy is about finding echoes of another person in yourself. I definitely agree with him, because empathy is the skill of understanding the feelings and attitudes of another person. We need to be better listeners initially to be able to build empathy. Without empathy, everybody will do something for their own favours and neglect the other people around. That can absolutely cause conflicts among people; but we can manage these conflicts by teaching kids about empathy at school; therefore, people can learn it at an earlier age. Listening without judgements and interruptions and

putting yourself in their shoes might help to manage conflicts. There are also shy people in our society; it is hard to express their feelings for them; writing a journal, drawing or writing stories about their emotions can aid these people. As an example, once we decided to have a debate among ourselves as a class; we got caught up in this debate, it turned into a verbal fight. I realised everyone including me, actually just focused on defending their own opinion, telling others they were wrong. Then I said: "Look, both sides actually have correct ideas, although you defend a different opinion, there are very logical things you say, but this doesn't mean everything we say is wrong." And actually, we had a positive conflict that day and we learnt from our mistakes.

Respect is one of the most important things to be a proper human. Bohdi Sanders said respect is both earned and lost; gaining respect is harder than losing it. If you don't show respect to others, you cannot see respect in return. This causes conflicts and problems between people; speaking of conflict, the biggest reasons of creating these conflicts are cultural and belief differences. For example, I was in Turkey and I moved to the Netherlands 1.5 years ago; my culture and beliefs are different than the people living here. But, I don't think it can cause a problem; they've respected me; I've definitely respected their cultures and beliefs. We are living in harmony and happily together.

Communication is a kind of bridge that connects people to each other. Anita Roddick said communication is a key for any global business; we have to communicate to live peacefully together because with communication we can understand and keep empathy for each other. Communication can help us for many things; for example when you suffer from stress, you can talk to your family and friend and that can help you relax. If you don't communicate, your stress can cause anger, health issues and conflicts. You can improve your communication skills; it's not impossible to gain it when it's practised. I and my best friend had a problem; we fell out for some time; then we thought that we need to communicate to understand each other; communication skills helped us to solve our problems and we managed to keep our friendship.

A world without conflicts is impossible; we might handle them by building an empathy skill with others, respecting other people's ideas and beliefs, practising communication skills to fix the disagreements. I definitely suggest you not to stop your relationship because of these small problems you can resolve when you really want. The world is so small that we need to learn how to live together in a harmony. Don't forget that every possible problem might affect the future generations!