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Conflict is Neither

What would you classify conflict as? Would you say conflict is unhealthy and bad? Though it is inevitable, would you still say it is? But why? People would say that it is. Conflict is usually seen as negative and destructive. I believe that it is neither. It can be both constructive and destructive.

Conflict is a disagreement & difference of opinion of individuals. It is not only between two individuals but also can arise between two states, countries or political parties. It is seen in everyday life. Big or small, it will always be there. It is a normal way in working our lives. Conflict can be caused for a number of reasons. It could be something that we could do something about. A common reason for conflict to arise among relationships are lack of communication. Conflict could be also caused by something that we can't help. It could also be a simpler reason, like incompatibility. Incompatibility with personalities, beliefs and among other things.

Have you ever heard of a job that causes conflict? A job having its sole reason to cause conflict is unheard of. It doesn't exist. Yet, jobs that resolve conflicts exist and is important. This to maintain the peace and harmony in the community; in society. These jobs exist for a reason. The reason being is that conflict will always be there. Though it can be avoided, it will always be within bound of possibility. Even though it is, it can never be good nor bad. Many articles say that it is bad, but many say otherwise. Still, some people think it is neither and i am one of those people. Just like how disasters are natural, conflict also part nature. Human nature.

For me, conflict will never leave you even if you try your hardest to avoid it. Yes, avoiding conflict and having it resolved is good. Yet to know how to resolve conflict and mediate both sides, you need experience. You need to know how to understand it and be the mediator even in your own experiences in conflict.

Conflict has its negatives. Leaving it unresolved can create more problems and more conflict and it can happen in any aspect in your life. It may be at work, at home, at school. Handling it the wrong way won't make anything better. Apart from its negatives, it also has its positives. Conflict can help to grow, change our perceptions to something better and help in our reasoning. It is a part of any normal relationship.

Conflict can either be healthy or unhealthy depending on how you handle it. With proper communication, conflict can be resolved easily. Ignoring each other and being ignorant will make it worse. I have had my fair share of experiences with conflict. When we are more immature, communication can be hard. That's what I felt when I was younger, it made me lose friends and caused strain in relationships, the destructive side of the conflict I experienced. Now that I’m older and have more experience with it, I know how to handle it better. Learning how to handle conflict and how to resolve it is the result of conflict being a natural thing that happen, just like how animals adapt to their surroundings, humans also do. Evolving is also learning, learning how to understand conflict. Besides that, conflict also makes us stronger in both our relationships with others and ourselves. It makes us know ourselves better. Conflict and our experience with it will teach us countless things. To be a better person.

I believe that conflict is neither good nor bad. It is a natural thing between us beings. I believe that conflict should be used as an opportunity to grow and learn our lessons and we should let it teach us. With relationships, it is normal to have conflict but that doesn't mean you aren't a good match. It is how you handle it. Having a healthy communication style can be practiced and learned. Conflict can be either destructive or constructive. Yet it can never be bad. Just like how it is the first act of creation.