

TEENAGE CONFLICTS AND HEALTHY WAYS TO OVERCOME THEM

Adolescence is full of contradictions. On the one hand, teenagers have a so-called sense of adulthood, and they powerfully demonstrate themselves as independent units of society and feel like adults. On the other hand, teenagers are very vulnerable and need vital support, heart-to-heart conversations, and understanding that they are loved, primarily by the closest people. On the one hand, adolescents rebel against restrictions; on the other hand, they need a particular framework for feeling the stability of this world. There is a change of authority, self-determination problems, and life priorities selection. All this leads to some misunderstandings or conflicts in this transformational period. Teenagers are very prone to various conflicts that can arise out of nowhere and for no known reason.

When people hear the word "conflict," they often associate it with aggression, quarrels, threats, etc. As a result, there is an opinion that conflict is always an unnecessary and undesirable phenomenon and that it should be immediately resolved as soon as it arises. However, there are situations where conflict helps to identify various points of view, gives additional information, and helps identify many problems. The resolution of conflict situations is very dependent on who initiates this change.

It is necessary to be guided by the "rules" of conflict resolution. For myself, I have clearly defined the following ten rules:

- 1) conflict is a reality, it will not work to escape from it; a game of hide and seek will not solve the problem;
- 2) the problem will not disappear only at your request. Don't pretend, and don't wear a mask. Hiding your feelings is not the best option;
- 3) learn to deal with the problem, not with the person. Conflict arises because of a controversial issue (a difficult situation) and not because of a person. Don't get personal;
- 4) show respect. Listen to the other person. Listen carefully. Abstraction does not solve problems;
- 5) demonstrate perpetual persistence. When resolving conflicts, one should not show either passivity or aggression. Being assertive means expressing your opinion confidently and calmly, being full of respect for yourself and your opponent;

- 6) learn to negotiate. That is the most important skill to acquire. The ability to negotiate will help you in the long run;
- 7) observe the present time. Refrain from remembering past grievances and disagreements. It will further aggravate the conflict;
- 8) silence doesn't help. Offending an opponent is as bad as showing aggression to him - the problem will remain unresolved. Discuss it;
- 9) try to understand. Do not take a defensive position. You're not in the ring. Carefully analyze the situation from different points of view;
- 10) Learn to apologize. Be able to admit your mistakes and have the courage to apologize when necessary. Time said sorry can save the situation.

Nevertheless, you can avoid conflict if you show yourself humanely, communicate well, and manage your emotions. First of all, have respect for others. It can be done by actively listening to what the other is discussing. We also need to learn to show will and creativity.

I always try to solve conflicts through dialogue. It is in the dialogue process when two people can grow and improve. Through dialogue, they will not only learn to avoid conflicts but also create conditions for improving relations between themselves and adults, discover new knowledge and new understanding, and learn to see the beauty in differences and the positive in the complementarity of people in everyday life. Both sides of the conflict need to focus on controlling the thinking process. Only by learning to calm the train of thought can one hope for a cold mind and adequate action. Only then will you be able to express the feelings that surround you with calm, measured words, not insults or physical power.

Conflicts exist everywhere and always. They are eternal companions of relations in society, but their impact on everyone's life depends on the extent to which the skills of constructive dialogue and ways out of conflict situations are formed in adolescence.