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My Experience of Overcoming Conflicts

What is conflict? A conflict is a situation in which the interests of several individuals intersect. I am a non-confrontational person, I avoid conflicted people, whom I consider inadequate due to their negative attitude towards the others.

    Despite the fact that I have excluded conflicted people from my social circle, one day I have faced a conflict situation.

     At the age of nine, I was friends with a girl of my age, with whom we did not get along in character, I was very kind and calm, and she loved to manage the guys who were friends with her and often argued with people of different ages. This girl tried to turn many children on the playground against me so that no one would communicate with me or be friends. She made fun of my humble behavior and cute clothes. As a result, I had a conflict with this girl, from which I just left, I began to ignore my abusers, after which they stopped offending me. So in this way, I overcame the conflict, not by inflaming it even more, but by ignoring the personalities who dragged me into this conflict.

    From my experience of overcoming conflict, I realized that despite the dislike of the opponent, it is necessary to be friendly to the person who started the conflict, or completely ignore him, then he will forget about the conflict.

      I want to apply the knowledge I gained during the conflict in society, namely, I will never respond with evil to evil, so as not to provoke my opponent to even greater anger. Moreover, in subsequent conflicts, if there are any in my life, I will leave the conflict for the next day to give the person time to think about his behavior. If this person continues the conflict the next day, then I will find out how to help him, maybe he just has a bad mood or problems that he cannot solve himself. After overcoming his problem together, we will have a good relationship.

     So, conflicts can arise for many people, it is important to learn how to overcome them with the help of your own experience or the experience of relatives and friends.

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