**The Best Way to Resolve Conflicts**

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The best way to resolve conflicts is to talk.

Sometimes people are rude and boring because of internal conflicts or are overwhelmed

It is much easier to know your reason for being annoying with the person than to understand why they are annoying, some people justify that they are being annoying to the person because they are annoying to them.

If everyone listened to people's sides, it would be quite possible that there would be fewer negative people, because when a person is boring, she is often isolated and has no friends.

And if the person isn't your type or you don't want to talk to them, respect them and treat them well, sometimes hatred increases because of people who treat other people badly.