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### **My Experience Of Overcoming Conflict**

In our manifold world, there are multitudinous number of people that have different perspective. If everyone had same idea and opinion there would be nothing more to add those causes lacking in skills and a big barrier in further development. As I said, people indeed have different standpoints but in reality, these standpoints are the primary factor of a conflict.

In my experience, I've met a lot of different people, even at my school, I've seen that my friends have different opinion about things. These different opinions sometimes cause arguments or disagreement leading to conflict. Conflict is ineluctable. It is certain to happen and cannot be avoided and it is ubiquitous. It was a situation at my school where we were choosing a leader for our group project, as the phrase "Grasp every opportunity" my friends decided to honor the phrase and do it.

Everyone in the group wanted to become the captain including me but I realized that the discord among us was unmanageable. Instead of fueling the conflict further, I decided to take a step back. I decided to approach this situation with a receptive attitude and also, I told my friends that we should sort things out and manage things peacefully causing no harm and abhorrence among us. At last, we talked a managed this we did not make an individual who was going to control the groups instead we decided to divide this and do our part of work independently. With my multifarious experience, I have encountered a lot of emotions while overcoming a conflict. During a conflict, a person experience's the mixed emotions of misinterpretation, disappointment, indignation and many more. Overcoming conflict is just like solving a vast puzzle, you need to think fast, carefully and the impacts that will happen after each move. In order to overcome the conflict, we need

patience, resilience, divergent thinking and even sometimes we might need to lower of position as well as voice to maintain the situation if it gets inferior. Overcoming conflict is all about listening, mutual aid, and being sympathetic in order to find common ground, working together with the intention of finding solutions.

Conflict is not just only a fight/quarrel it is a valuable skill that can help us find new things and chapters in life, solve problems and end misunderstanding and barriers between people. It is a part of life which arises naturally when human beings interact. Anger doesn't solve anything. It builds nothing, but it can destroy everything. Understanding, on the other hand, is the key to resolving conflicts. Likewise, conflict neither should be solved with anger nor abhorrence it should be unraveled with amity, comprehending milieu and veneration towards each other.

Thank You