

Facing Conflict : Finding Strength In Unity

If you do evil out of a hatred for evil that rage and hate will merely birth new conflict . Religion , ideology , resources, land , spite , love or just because no matter how pathetic the reason , it's enough to start a conflict . Two opposite points of view can collide which results in different needs or desire of the participants which are incompatible . It may be fate or let's say coincidence to meet different peoples and their thoughts of exploring the outlandish way to escape the reality of the accursed world which may trigger the peoples trying to find comfort in their own reality .

To face the challenges and overcoming it , is a motivation to keep up with the race of life . There maybe a exceptional case of mankind not involved in any dissension . Likewise , experience of my thoughts

refusing to settle down with others are innumerable . Let's take part of my memory having a disagreement with my family as a example . Me and my family had various disputes regarding eachothers opinions causing emotional unstability in both our lives . With a furious heated empty mind , my prescriptive of theirs are the one anti's of my life not listening to my sayings and interfering with my personal life not realizing the pain I inorder can be sharpened thrice to them . We both sides know one common thing i.e In the end , what helps us overcome obstacles isn't brains but someone who will take your hand and never let you go . In the end it's FAMILY . After every dissension the only thing which works every single time is communication and the feeling of realization which may seems laborious to many peoples but
Is the only antidote to end all this misconception leading to disputes

“Improve your perspective, that will help you see yourself objectively.” this quote lives rent free on my mind . Conflicts with my own thoughts , my own self may be the thing I tag along pretty well . When we habitually avoid external conflict we end up creating internal conflict .The feeling of running away from this life leaving everything behind to living through peoples expectations and showing the society who criticized the failure me , wanting to achieve the success my family manifested through out their lives of me , A daughter who can be stable in her life . These thought and many other interfere the inner me at every aspects of live resulting in conflicts with own self . There are many things left to say from my side to all the peoples I have met but I choosed to quietly listen and inoder those comments . While avoiding conflict to keep peace , I started conflict inside myself only . Erasing these

thoughts is not easy but not impossible as well . Self love , our first and last true love . Having the power of will motivating yourself , believing the process and trusting the time is what helps to overcome the conflict within yourself . The war is either with the world or within yourself . Healing is the end of conflict within yourself .

At last , Confidence , acceptance and realization leads to a extreme limit of peace mind away from conflict .

Transforming conflict with empathy without violence and creativity is a way of overcoming of the challenges of conflict and we should apply it for a better and peaceful tomorrow .

(586 words)

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