

MY EXPERIENCE OF OVERCOMING CONFLICT

Sometimes the thing we share in common could be the thing that close the distance to know each better. I myself have gotten in different fights in school , highschool and even when outside and sometimes even in online . Recently , I haven't got much in a conflict between anyone and now I know that the one and only root cause of I getting included in the conflict with others was not seeing things as they see. Its crazy how I used to solve the problem was only through violence , as only it can give some manly vibes. In this essay, I will share my experience of confronting and ultimately transcending a significant conflict , highlighting the lessons learned and the growth attained along the way.

At first, my story goes with me and one boy over a argument whether he is right or am I. The personal detailed argument couldn't be dropped but the argument was almost as of like israel vs palestine. As I sticked to my idea I couldn't see that what he had in mind was also right and over small thing we picked fight. He was not so close to me as I would call a homie or friend. As things went wilder he and I ended up in the toilet of the school. We fought over and fortunately the school administrative didn't notice us and I won that fight physically but not sentimentally. He still hadn't accepted what I was saying. And after the fight something really bothered me down bad , I realized all those fightings was not necessary I could be more friendly and accept his saying or even though I was not friendly I could just ignore it as it would matter. At that time I had swore that I would not unnecessary do anything that grows conflict or violence. So his and mine conflict was not solved but it was more like to be called faded away as time passed by. The one thing that was bothering my mind was the idea I had got that all people get involved in conflict and no matter how big of a personalities they are how they control or solve the problem matters.

Recently, I faced conflict with a not-so-close friend, and my default reaction was aggression. However, I realized that this approach only escalated the situation, leading to inner turmoil. Instead of avoiding the conflict, I confronted it, albeit clumsily at first. Ultimately, I learned that hurting someone weighs heavier on the conscience than any temporary disappointment, leading me to prioritize peace over winning arguments.

Lastly , I had learned and experienced enough on how it feels choosing the wisdom or how it feels applying the ignorance and also how it feels to withdraw from conflict. I started to become more friendly with others and little argument or teasers or bullying neither grew the anger within my inner demons that badly. I managed to take over my head and my inner self and realized and viewed others perspective or point of view within them. I grew stronger and more resilient. I had also sought

guidance from mentors and role models who had navigated similar struggles , drawing inspiration from their wisdom and experiences. I also embraced practices such as mindfulness and self-care,nurturing my mind , body and spirit in times of adversity. Through perspective and determination, I gradually began to reclaim agency over my own narrative, rewriting the script of my life with courage and conviction.

In the crucible of conflict, I discovered a reservoir of strength and resilience that I never knew existed within me. The experience of overcoming conflict was not merely about triumphing over adversity, but about embracing the process of self-discovery and growth. It was a experience that forced me to confront my deepest fears and insecurities, and in doing so, I emerged a stronger, more resilient individual.

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