

*There is a common belief that conflict is always bad and should be avoided whenever possible. Indeed, conflict situations can not only spoil relationships but also break them. At the same time, conflicts have not only negative but also positive sides. Disadvantages of conflicts: negative experiences; emotional stress; communication difficulties; growth of mutual hostility; time wastage; possible infliction of various types of damage. Advantages of conflicts: clarifying the situation; defining boundaries; resolving contradictions; assessing a person's psychological capabilities; a way to relieve tension; taking relationships to a new level.*

*Conflict can lead the opposing parties (society, social group, individual) into a state of destabilization and disorganization. Conflict can lead to a slowdown in the pace of social, economic, political, and spiritual development of society.*

Moreover, it can cause stagnation and a crisis of social development, the emergence of dictatorial and totalitarian regimes. Conflict can mature in different conditions, but the essence is the same: conflict arises when the parties have different views on certain issues, strategy, behavior in a situation, and when both have an increased level of emotional stress. The difference in views itself is not scary: we are all different and look at some realities differently. But usually, in a normal state, people figure this out through simple dialogue.

Every person has conflicts with friends or with parents. Conflicts with friends can lead to the fact that friends stop communicating. From my own experience, I can say that I also had conflicts with friends, parents, and teachers. In many conflicts, I try to listen to the person to the end and invalidate my position. But when I understand that they don't want to listen to me, I simply leave. I understand well that you can't just leave, but I also have personal needs.

Conflicts with teachers sometimes happen due to unfair assessments. There are teachers who do not respect my work. It even happens that I do not evaluate it as it should be. Despite this, I always try to prove my efforts.

The conflict leads to a change in the current situation, personal and professional growth of its participants. - Removing accumulated emotional stress. When we voice our opinions and feelings, we feel better. - Introduction of innovations.

Conflict leads to the search for new creative, effective ways to interact and solve problems. - Improving relationships.