

## **MY EXPERIENCE OF OVERCOMING CONFLICTS**

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Nowadays, facing conflict is no longer strange among us, the modern society. I, myself have faced conflicts in many different times. Needless to say, conflict is not so easy to be encountered as it involves beliefs and opinion contradictory. However, throughout my experience, so far, I have learnt to some extent regarding overcoming conflicts. Some of the conflicts I have faced are, a misunderstand between me and my friend, my siblings and also with myself.

Firstly, I had a friend whom, I can say, almost all the time we had a misunderstand, just because she was not in a good mood. This situation continues for days, until the gap between us grew bigger. Soon, it dragged me to stress, and eventually, we have stopped talking for days, which leads to month. In this kind of situation, I have learnt to understand people from their point of view, as every person has their own obstacle in life. Moreover, it is not easy to live a daily life that is always full of challenges. Take our mother as an example, sometimes, she gets mad over the smallest thing we did, rather than blaming it on her, we should try to put our self in her shoes to understand her better and to avoid any contradictories. Therefore, in this situation it is proven that understanding people from their point of view can overcome conflicts in any situation.

Next, another situation that occurs conflict, was between me and my siblings. As being the eldest is already a hard task, the younger siblings should have understood and consider the situation before doing anything. My younger sister, on the other hand, doing the exact opposite of consideration. When I just got back from school, she started ordering me around , which, I find it unfair for me. As a result, it leads us into a conflict for a long time. In this kind of situation, a good communication between two party is very important. For example, we should discuss carefully, considering the time and situation before asking each other to do anything. Thus, from this situation, have learnt that a good communication plays a big part in overcoming conflicts as it requires an opinion from both party.

Last but not least, conflicts can also happen in your inner self. This situation is called internal conflict, which refers to an emotional struggle within oneself. The situation I'm involved in is, as a student, I aimed to make my teachers and parents proud. However, I often felt the

academic pressure after me. Under the circumstances of which the exams and assignments are ahead, it has leads to internal conflict and anxiety. For example, I keep debating with myself if I should study now or tomorrow. To avoid this kind of situation, I have learnt that I should always have a proper plan in the future to produce a better work quality. Hence, with enough preparation, any unwanted situations can be avoided and overcome the conflict at once.

In conclusion, from my experience, I have learned that understanding people from their point of view, a good communication between parties and proper plans can be used to overcome conflicts. This ways can also be applied in many aspects of situation such as community aspects, to avoid inter-racial fights. My hope is that with the steps mentioned, it can avoid conflicts in daily life and in the community.