

Conflict

Conflict:

- occurs when we must choose between two things we want equally as much
- to show opposition; a clash between people or ideas
- is normal in relationships (we will not always agree with one another)

People get into conflicts about many things such as: jobs, parenting, marriage, decision-making, relationships, etc. When two people live together, there will be differences in opinions, the way we see things, our value systems, and how important they are to us.

At times, we have chosen not to deal with conflict in a healthy way. We may have: ran away from the problem, ignored or denied the problem, abused another person, or chose to deal with the problem in a positive way.

When conflict arises, it is helpful to try and decide what is most important at that specific time. This helps us make decisions easier when having to make choices.

There Are Healthy Ways To Handle Conflict.

- Stop** - do not allow the situation to get worse. The less worked up we are, the more clearer we can process our thoughts.
- Say** - what it is the conflict is really about. Realize that we all unique and have different opinions and that is okay. It may be a difference in values.
- Think** - about positive options. Is this an appropriate time to deal with the conflict? We want to be fair and able to agree to a solution with a 'clear' head
- Choose** - search for a positive option each person can agree on. We should listen to each other and stay on topic.

Other Tips When Dealing with Conflict:

- agree to resolve the conflict
- no name calling
- take turns talking with no interruptions
- be clear and truthful about what is bothersome
- listen with respect to the other person
- be willing to compromise