How Conflict Builds



Conflicts begin for various reasons. Conflicts can be ignited accidentally or deliberately. In either case, the people involved now have a choice: either to continue to argue, resolve the issue peacefully, or walk away and ignore the conflict.



Recognizing Conflict

- · Whose feelings are hurt?
- · What caused this situation?
- · When did all of this start?
- · Where can I go from here?
- Why is this situation bothering me?

Be aware of the situation

Recognizing Conflict

The best way to stop conflict is to get to it before it happens. You need to understand the situation. Take a moment to read over this list of questions you should ask yourself before or during the conflict:

- Whose feelings are hurt?
- What caused this situation?
- When did all of this start?
- Where can I go from here?
- Why is this situation bothering me?

Answering these questions truthfully will help you understand the true nature of the conflict. It may even end it.



Whose Feelings Are Hurt?



Whose feelings are hurt? Do not answer with who you think is at fault. Truly think of all the people involved.



What Caused The Situation?



What caused the situation? Think of the root of the problem and the source of the conflict.



When Did The Situation Begin?



When did the situation begin? The actual fight might have occurred today, but when did the disagreement start?



Where Can I Go From Here?



Where can I go from here? After answering the first three questions, what can be done to resolve the conflict?



Why Is This Situation Bothering Me?



Why is this situation bothering me? Finally, reflect on the reason the conflict may have caused you discomfort, concern, or dissatisfaction in the first place.



Negotiation



Negotiation is open communication between two or more people where compromise is used to reach an agreement. It involves talking, and more importantly, listening. Both sides need to consider the other's point of view and devise a plan to resolve the conflict peacefully. When you have answered the previous questions about the conflict, then you are ready to discuss a solution to the problem.



Negotiation Tips



Here are some steps to follow in negotiation:

- Plan on meeting somewhere that is safe and neutral for all parties.
- Agree to work together on a solution.
- Prioritize your needs and the needs of the other party or parties. You will probably need to compromise to reach a solution.
- Take responsibility for your actions and your part in the conflict.

