CONFLICT MANAGEMENT

According to the American College Dictionary, Conflict is “to be in opposition...”

Conflict can be good...bad...stressful.....help one to grow and develop.....If unresolved, conflict can derail or depress, etc.....

Life will have many conflicts that individuals will need to resolve in order to realize ongoing success. Listed below are some possible ways conflicts can be resolved so that they do not create lasting barriers to desired goals in life. Be aware that the degree of effectiveness any of the strategies below will have requires wisdom in regards to what type of strategy is selected as well as timing.

Conflict Management Techniques

1) Give in....Accommodate.....Yield to the opposition

2) Discussion....Talk it out and agree on something that resolves the conflict at the end of

3) Listen....and after hearing, change your opinion, course or opposition

4) Saying, “I’m Sorry!”

5) Avoid/Ignore...Not entering into the presence...Going around, across from or another way

6) Silence/Wait....Hold your tongue...Say and do nothing....Refrain from responding until later

7) Humor/Distraction....To bring about laughter....To turn attention away from opposition

8) Compromise/Negotiate....Each side agree to give a little...I get something /You get something

9) Compete to win.... Fight with force, might, skill, creativity, etc.

10) Mediation....Bring in a third party (who is neutral) and agree to accept his/her decision

RESOURCES:

Associated Counselors & Therapists http://www.beachpsych.com/pages/cc48.html


PP/1/12