

Personal conflict resolution style

Psychology



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Personal Conflict Resolution Style For this assignment I conducted an interview from my best friend to identify what he thinks is the conflict resolution style I practice with him and he informed me that I was using the avoidance conflict resolution style. He told me that whenever a conflict between us occurs, I tend to avoid the conflict and try to appear as if I am not interested in being in a conflict with him at all. I believe that using this conflict resolution style with my best friend has further strengthened my relationship with him. This is because when I ignore conflicts with him our relationship does not get damaged at all and rather strengthens as he even tries ignoring all conflicts with me and accepting each other while keeping our distance aside. His perception of the way I try to resolve conflicts with him is consistent with the way I actually try to resolve my conflicts with him. But I believe that I do not use the same method with every other individual around me. In other cases I try to either reach a compromise between me and the counter party or I try to win the conflict. I believe that although the avoidance method I am using has been fruitful, other methods such as compromise would even be more productive. This is because if I use the compromise method, my friend and I would gain something out of it which will benefit us both at the same time and a relationship based on transferring and receiving benefits are much stronger (Aureli, 2000, p. 335).

References

<https://assignbuster.com/personal-conflict-resolution-style/>

Aureli, F. & Waal, F. B. M. D. (2000). Natural conflict resolution. Berkeley: University Of California Press.