



## CONFLICT RESOLUTION

- 1) What is a conflict?
- 2) What is it based on?
- 3) How do you resolve it?

**Dictionary definition:** An open clash between two opposing groups (or individuals)

A state of fighting there are 4 needs to know need 1st we are born into a **condition** meaning something that is what conditional what brought about the condition that you or I were born in? Do we have any **control** over it? Yes or no. now you are **exposed to programming system**, where **data** is filed and recorded, you were born into a **habitual condition of habit** finally we are all born into a **system of energies** and what remains are **elements** from those energies which we draw (illustration of positive and negative reinforces) that we **vibe** off, can be **misunderstood** or **misinterpreted** as a **strength** or **weakness** constructing or **destroying the confidence, momentum and drive**.

The 2nd need to know which places us in a **situation** that many are not neither equipped nor prepared to deal with which creates conflict. Which primary produces mental suicide? That leads to emotional homicide and finally spiritual genocide. This type of conflict cuts through the life force of our existence. The 3rd need know we are surrounded by **circumstances**. Which means we succumb to a **circulatory system** of learning; the energy of our environment that we interact with and associate with. Who we befriend also helps us to determine our affairs, business or otherwise. Because **adequate cooperation** leads to **proper communication**, that's how we **effectively coordinate** our power.

So a need is to be met, there are multiple let's look at food clothes shelter. Food is something that you consume, without the proper dietary eating habits conflict will enter the body **external conflict** becomes **internal conflict**, clothe the manner and the way you dress is too external. And shelter is likening unto something that protects us from elements. We need to be protected we need to be sheltered from what? From our environment from what we say or may do to each as it pertains to hurt harm and danger. We need to be protecting from furthering jeopardizing and subjecting each to the dark cloud of **inferiority** by overcoming our **feelings of inadequacy**, 4<sup>th</sup> need to know **consequences** of our actions.

## THE ON YOU SYLLABUS

- a) Condition ( how we treat each other)
- b) Control ( discipline studying habits)
- c) Exposure ( perception and perspective outlook on life point of view is made)
- d) Programing system ( measuring step by step your way of setting your own standards)
- e) Data of filed information ( storage healthy or unhealthy)
- f) Habitual condition of habit ( repetitive or transformational)
- g) System of energies and elements ( what's left determines what you have to offer)
- h) Situations ( perspective)
- i) Mental suicide
- j) Emotional homicide
- k) Spiritual genocide (life force)
- l) Circumstances (surroundings people places and things)
- m) Circular system (circulation of information and facts)
- n) Inter action skills
- o) Determination
- p) Decision making process
- q) Associates
- r) Friends
- s) Respect
- t) Effective communication
- u) Results

Con is an image that you have a contract with; a written or verbal agreement of an image that you are projecting, which you are making a reputation for yourself. However the best of reputation is sound character resolve; character is your conduct and identity is your behavior. Change can be good if your character is on the wrong track to begin with. It can also be bad if the character was on the right track.

Who and what do you identify with determines your relations as well as your decision making process.

What is conflict resolution based on; **interest**, what you are interested in is driven by what seek to accomplish.

It's an investment in your task, effort, time, energy and nature. Something you get back in return, but there must be some type of medium of exchange.

What is that medium of exchange? When someone is interested in a person based on looks or his or her character or is it something that fulfill an immediate need. Or you may need them to play a role for you; this is when we come to know our role in life, our course of direction and the proper actions as well as steps that are needed to accomplish our objectives, goals, dreams and aspirations in life.

How do you resolve conflict?

- 1) Be very considerate to the feelings of others.
- 2) Moralize your thoughts.
- 3) Humanize your attitude.
- 4) Vitalized your language and way you communicate.
- 5) Stabilized your activity.