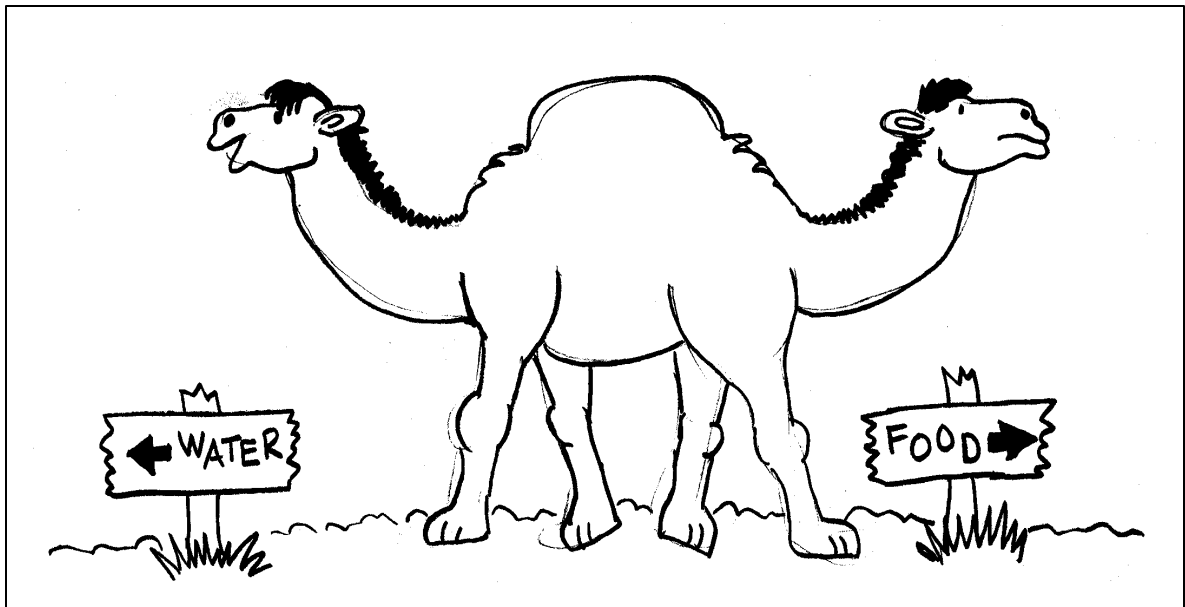


Dealing With Conflict

What is conflict?

We have conflicts every single day of our lives. Conflict is when our goals don't line up with the goals of others. It's when we want something other than what they want. Since everyone has conflicts, it's important to understand how to resolve conflicts.



What are some examples of conflicts?

What do you think of when you think about conflict? Do you have a picture in your mind? Maybe you see a tug-of-war going on. Maybe you picture knights in a battle. Maybe you think about what goes on at your house in the morning trying to get everyone off to school. A businessman might think about something that happens at the office. Lawyers might imagine a court argument. There are conflicts all around us.

- **BETWEEN COUNTRIES:** Wars!
- **FRIENDS:** Mariah and Cydney want to play soccer, but you really want to play basketball at recess.
- **MOM & DAD & KIDS:** A special movie is on T.V. tonight, but it won't end until an hour after your bedtime and it's a school night. You're really mad because Mom and Dad won't let you stay up late... even just this once!
- **TEACHER & STUDENT:** Mark was sure that he turned in the homework packet for the week. He could just see himself putting it down on Mrs. D's desk, but she couldn't find it. Mrs. D was sure that she'd been careful to collect all the papers on her desk that afternoon. Mrs. D didn't think that Mark was a liar, but she suspected that he hadn't left the work on her desk. Mrs. D and Mark are going to meet after school to decide how this problem will affect Mark's grade and whether he has to do all the work over again.

Conflicts don't always have to involve other people. They can be inside ourselves.

- **Inner Conflict:** Josh just got an invitation for a sleepover birthday party at his best friend's house. He was so excited! Then he remembered that Aunt Emily's 90th birthday party was this Friday night too.