What is conflict?
A serious disagreement or argument, typically a long-lasting one.
To be incompatible or different; clash.

Types of Conflict:

Interpersonal conflict refers to a conflict between two individuals. This typically occurs because people are different from one another.

Intrapersonal conflict occurs within an individual. The experience takes place in the person’s mind. Like trying to make a choice between hanging out with friends or staying home to do homework.

Intragroup conflict is a type of conflict that happens among individuals within a team. For example: team members have different personalities, which may lead to tension or differences in views and ideas.

Intergroup conflict takes place when a misunderstanding arises among different teams within an organization or it could be between different groups within your school.
What can I do?

Stop Before Reacting
Stop and think about how others may be feeling before responding to what they are doing or saying. Then choose an appropriate way to react.

Make Wise Word Choices
It is better to admit you are at a loss for words than to make an insensitive or poor word choice during an argument. Once words are spoken, it’s impossible to take them back. Choose words that will build others up, that are helpful, and are caring instead of words that will tear others down, be hurtful, or careless.

Listen With Open Ears and Eyes
Communication is much more than just the words we speak. Our facial expressions and body language say a lot too. Start to recognize others’ non-verbal cues and recognize what they are feeling even if they aren’t telling you what’s going on directly.

Speak with your actions
Actions really do speak louder than words. Helping a friend in need will always communicate more to them than words ever could. Choose actions that will build up or encourage those who are around you!

Learn From Mistakes, No Matter Who Made Them!
There’s no greater teacher than experience. Think about past experiences when you were talking to someone and they made you feel either good or bad. Practice using words or actions that made you feel good with others, and try to avoid using words or actions that hurt you.
Step 1: Set The Stage
Make the decision to work together and find a solution peacefully.

Step 2: Gather Perspectives
Allow each person to describe the situation from his/her perspective without interruptions.

Step 3: Find Common Interests
Find what both participants agree on, whether it’s the desire to resolve the problem without resorting to violence, or just wanting to save their reputations.

Step 4: Create Options
Take time to brainstorm possible solutions that benefit both parties. Do this without immediately judging the options. You don’t need to commit to a solution right away.

Step 5: Evaluate Options
Take turns discussing the solutions. What does each person like or not like about each of the solutions.

Step 6: Create an Agreement
Come to an agreement on which solution works best for both participants. State the solution out loud or write it down.