conflict occurs when people are not sure of the direction they should follow or take (Weeks, 1992).

Looking to the future

This conflict was not handled properly at first. I was living on my own also made me extremely tired, physically and mentally. I should have let go of my problems and fear in order to concentrate on my relationship with Maureen and not let anything interfere with it. Focusing on my relationship should have been my first priority. To manage our lives properly, we have to recognize our own feelings and try to improve a situation (Miller, Miller, Nunnally and Wackman, 1992). I have since moved in with my girlfriend and her mum until my brother returns from Canada next weekend.

From this event, I have learnt that we must be focused in our achieving goals and aims. We ought to let go of the past and look to the future. To be strong enough to face challenges in life, we must build up our self confidence. Having negative feelings will only decrease our abilities in reaching our full potential. The key to achieve excellence is to be willing to takes risks, believe in ourselves and let go of all unnecessary attachments (Crum, 1987).

Conclusion

While starting of this assessment paper I had question the assessment like I have never question an assessment paper before. I wanted to believe so much that I never had conflicts in my day to day life but I guess judging by the fact that I could write down four conflicts issues was wrong.

Having gone through these experiences, I realize that we should lessen our expectations of others and of ourselves to avoid disappointments, frustrations and hurt. No one is perfect. Being accepting and compassionate will not create problems for us and the society. Although conflicts cannot be avoided, we can always control own our actions and behaviors. Self awareness helps us gain understanding and wisdom in our interactions with others and maintain healthy relationships (Miller, Miller, Nunnally & Wackman, 1992).

Certain conflicts in our lives may never be resolved. We must face the fact that we cannot control or predict other people’s actions and what happens to the world. Holding on to bitterness and resentment will never make way for the future. Somehow, it takes so much tears, tolerance, love, acceptance, courage and hard work to get over difficult times. We should always try to eliminate our weaknesses and find solutions to change for the better. Crum (1987) states that ‘our lives are not dependent on whether or not we have conflict. It is what we do with conflict that makes the difference’ (p21).