

Take a Minute: Conflict Resolution

Over title slide: Let's take a minute and talk about interpersonal conflict resolution.

Conflict happens in every relationship, but you have a choice as to how to respond. Michael and Jen had been an exclusive couple for the better part of a year when both started feeling uneasy. Jen was getting annoyed more easily by things Michael did and he was making less time for her each week. When she brought it up him, he was defensive and didn't want to talk about it.

Interpersonal conflict often revolves around shared resources, tastes and preferences, or values and beliefs. "As soon as people begin to question their relationship, they begin to prepare themselves for a possible breakup" and this, according to Amy Lew, is where they begin to pack their bags.

By this she means virtual bags stuffed with flaws and disappointments being gathered as evidence for use in blaming each other for their problems. Jen and Michel both discovered their bags were full of ready ammunition whenever they disagreed.

But a good friend suggested they try shifting their focus to each other's strengths and risk seeing things from the other's point of view. In the end they grew better at doing this and realized they could work together to strengthen their bond.

References

Johnson, A (2010). Conflict resolution: Interpersonal problem solving.

https://www.academia.edu/8570610/CONFLICT_RESOLUTION_INTERPERSONAL_PROBLEM_SOLVING

Lew, A. (2009). The suitcase metaphor: Helping couples move from fault finding to strength building. *Journal of Individual Psychology*, 65(1), 86–89. Psychology and Behavioral Sciences Collection.