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Tips on How to Resolve Conflicts Effectively, Part Eight – September 18, 2010
by Joe Salama

There comes a point in every conflict where the parties stop hearing each other's words, but at heart they **both** want the problem to go away. All that needs to happen is for a third party to suggest it, when the parties' defenses are down, and their minds are open.

Frustration, resentment, jealousy, anger, prejudice, and hatred can be catalysts for conflict. If we work or live in an close environment with someone else, there needs to be an open channel of communication, and people need to be able to give and receive criticism. Otherwise, one or more of these emotions will build up until it explodes into a conflict.

You have the power to change every conflict you are involved in. Never ever lose hope. Always take the higher road to try to make the outcome better.

It's increasingly easy to get caught up in work and the stress that goes with it. Try to leave work at work if possible. A fresh perspective every morning can help you manage any type conflict that might come up in your day.

Always learn everything you can about the topic you are arguing about. And if it turns out you were wrong, don't let your ego keep you from admitting it and making the conflict go away.

The only way to bridge the gap between conflict and agreement is to achieve a true understanding of the other party's position.

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