

# mediation with joe salama



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Tips on How to Resolve Conflicts Effectively, Part Nine – December 11, 2010  
by Joe Salama

Not every conflict can be solved, because there isn't always a solution that's acceptable to both parties. Some things are worth fighting for. Just be sure you understand the real costs involved in maintaining the conflict.

It's never too late to rebuild mutual trust between two conflicting parties. It will be difficult, but working together is usually more likely to get you what you want than arguing.

Always get an outside opinion before making any big decision in a negotiation. There are plenty of attorneys out there offering free consultations. Make sure you get a referral from a friend so you get sound advice.

If you intend to have an ongoing relationship with someone you are currently at odds with, think carefully before everything you say and do. Your words and actions now will determine whether there can be cooperation, trust, and agreement in the future.

Before you let an argument get to you, think about how much mental energy you would be spending on someone whose opinion you don't even value. Let it go. Save your energy for people and things that matter to you.

If you intend to solve a dispute, whether as a middle person or as one of the parties, you have to show every party that you understand their view - whether or not you actually agree with them. If you don't, they will never open their minds to the possibility of settlement.

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