

Does this sound like you?

- You frequently have disagreements or arguments with others
- You have an ongoing disagreement with someone that never gets resolved
- You have a hard time admitting that you are wrong
- You are easily angered if someone disagrees with you
- You hold grudges
- You would rather win an argument than compromise
- You have a hard time understanding points of view different than your own
- When you are having difficulty with another person, you either avoid or attack that person
- You often feel pressured or hassled by others

Why does conflict occur?

- Lack of information
- Misunderstandings between people
- Don't think another person's view is right or important
- Don't know how to change things
- Personality conflict

What kinds of conflicts happen at college?

- Disagreements with parents
- Meeting students with different values and points of view
- Difficulty with a roommate or a professor
- Changes in relationships with friends and significant others
- Gossip, rumors, and hurt feelings

How can conflict be handled?

Conflict is normal, but it can be handled in either a positive or negative way. When conflict is handled in a negative way:

- You either avoid or attack the person with whom you have a conflict
- You may be nervous, think, or worry a lot about the conflict
- You may have headaches, heartburn, or an upset stomach
- You may have difficulty concentrating
- You may be irritable and snap at others
- The problem is not solved

Handling conflict in a positive way is called conflict management

- Talk calmly
- Think before you speak
- Listen and try to understand the other person's perspective
- Respect the other person's ideas and feelings
- Decide what is most important
- Discuss alternatives
- Compromise
- Agree on an option

Can a counselor help me?

Sometimes it may seem impossible to solve a conflict. Other times it may seem like you have a lot of conflicts. A counselor can help you understand the situation and help you develop more positive and healthy ways of handling conflict.