

Examples of Students Transforming their Conflicts

“I am still struggling emotionally...but I am so happy that Holly and I are in a better place. I am not sure when I will start going to bible study again, but for now I am so thankful Holly and I are best friends again. I feel terrible I ignored her for weeks. I am really proud of myself for genuinely forgiving Holly and not attacking her during our conversation, allowing the conflict to transform, but a big part of that is because my sister helped bring the conflict to a positive place. Without her help, I don't think I could have implemented my intervention on my own and snap out of my foul mood.” – B.

“When this conflict arose, I was filled with a fear of loss, and that manifested itself as anger, resentment, and bitterness...it is not fair to take it out on my boss, because I know that she would never do anything to intentionally hurt me, and she is merely a player in the game of life. We are all just trying to do our best in this world. It isn't right of me to hold this against her, or anyone else, or even the Universe. It's just life, and sometimes things do not go the way you want them to, and you just have to deal with that humbly and with compassion, and accept that you do not always know what is best.” – A.

“From this experience I learned not to hold things in that are bothering me because I am scared of the tension or conflict it might create between me and someone else. I learned the only person it really affects is me. My sister was willing to change things around, kind of, once she knew my feelings and needs. So I learned how powerful stating my needs and feelings in a situation can be. The only thing I would do differently is that I wouldn't wait so long to say something to my sister, because now it's so much nicer to have a place to do my work where no one is watching TV and I can focus a lot better. During our conversation, the only thing I would do differently is listen better to my sister. I was focusing more on correcting her, for not telling her side how I saw it that I didn't really get to hear her out in the beginning. Once I stopped and took a breather though, I was better able to just listen to her and understand her position.”- K.

*“This is still a difficult process for me, but it is ongoing, and transformative. I am working on acknowledging my own feelings of guilt, blame, anger, shame, on understanding my story and that of my dad, on identifying my transgressions, and making peace with myself. In order to free myself from the chains of regret and guilt, I need to focus on the good memories of my relationship with my dad, to cherish those memories, to process our conflict and find closure.”
- G.*

“A lot was learned about myself and Brianna through this experience. There was also a lot learned about the strength of our relationship. I learned that this intervention method is a really effective method to use in relationships. It allowed both of us to freely speak our minds about the conflict and also let our emotions out at the right time. It was important to respect and listen to each other. We both understand that no relationship is perfect but trust is essential. I think that I have come out stronger than before in regards to how I deal with disappointment and also how I deal with people I genuinely care about. Overall this intervention was great. It has definitely been a blessing to have these kinds of skills and methods available to apply to conflict. I believe that the Conflict Resolution method has saved Brianna and I's relationship and now we are back to normal. Our relationship is actually even stronger than it has ever been!” – V.