

HOW TO SOLVE CONFLICTS PRODUCTIVELY

The main recommendations of behavior in a conflict situation are as follows:

1. Be able to distinguish the main from the secondary. If you regularly analyze the situation, the motives of your behavior, if you try to understand what is really important and what is just ambitions, and learn to discard the unimportant, you can follow the advice: "Do not allow yourself to get upset over trifles that should be forgotten." The ability to distinguish the main thing from the secondary should help you find the right line of behavior in conflicts.
2. Inner peace is a principle of attitude to life that does not exclude the energy and activity of a person. On the contrary, it allows you to become even more active, allows you to react to events and problems, but not lose your composure even at critical moments. Inner peace is a kind of protection from all unpleasant life situations.
3. Emotional maturity and stability is, in fact, an opportunity and readiness for worthy actions in any life situations.
4. The ability to approach the problem from different points of view. It is quite clear that the same event can be evaluated differently depending on the position. Therefore, it is important to be able to evaluate, compare, and connect different positions.
5. Readiness for any surprises allows you to quickly rebuild, timely and adequately respond to a change in the situation.
6. Perception of reality as it is, and not as a person would like to see it. This principle is closely related to the previous one. Following it helps to maintain stability.
7. The desire to go beyond the problematic situation. As a rule, all "unsolvable" situations are unsolvable only within some initially given framework of circumstances. If you realize them only as part of the problems, then it helps to find a way out of the situation.
8. Observation is an important quality, necessary not only for evaluating others and their actions. If a person is able to objectively assess desires and motives, as if from the outside, it is much easier for him to control his behavior, especially in critical situations.
9. Foresight is the ability not only to understand the internal logic of events, but also to see the perspective of their development. Knowing "what will lead to what" protects against mistakes and incorrect behavior, prevents the formation of a conflict situation.
10. The desire to understand others. To understand the goals and actions of another in some cases means reconciliation with them, in others – the correct definition of one's line of behavior. The ability to understand (even if not accepting) the opposite point of view helps to anticipate the behavior of people in a given situation.
11. The ability to extract experience from everything that happens, that is, "learn from mistakes", and not only on your own.

Good luck!

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