

Hugh Mackay says- Nothing is perfect. Life is messy. Relationships are complex. Outcomes are uncertain. People are irrational.

Peeps need peeps. You have many people in your life, and have a different relationship with them. One can say that human bonds are often the sweetest slice of life. The interpersonal relationships are special for all of us.

Different types of interpersonal relationships:

Interpersonal relationships- the strongest connections we feel with the people who are close to us. Some of the relationships are:

- Friends
- Family
- Colleagues
- Romantic partners

Trust, loyalty, care, love, and mutual respect are the main factors that play a vital role in every relationship.

Family:

Parents, siblings, grandparents, aunts, uncles, cousins, carers, and guardians are all examples of family. These are the very first connections we make.

We have strong bonds with our family members. These connections have the potential to last a lifetime. Sometimes our views or ideals diverge from those of our family members. And that's perfectly fine! However, maintaining open and courteous dialogue is critical. Personal differences may not be able to be overcome in some situations, and interpersonal interactions between family members may become strained or non-existent.

Friendship:

There is a popular saying- Friends are the family that we choose. Friendships can be more significant than family ties in some cases.

Because friendships are multifaceted, there is no one-size-fits-all formula for explaining them. Throughout your life, you will have a variety of friendships.

Don't worry if your pals don't always have the same level of connection; this might showcase different facets of your personality. Some of these friendships will only survive a short period, while others will last a lifetime. It's right if it feels correct.

It's quite acceptable to leave a toxic relationship if you find yourself in one.



Romantic:

Mutual attraction can sometimes progress from "I like you" to "I love you." This is a romantic relationship between two people. A romantic connection might begin as a friendship, but the two are not the same.

Love for friends and romantic partners can be shown in a variety of ways. You can love your pals completely. You aren't, however, in love with them.

Another distinction is how you express your emotions. Physical and sexual touch is there in a romantic relationship.

Work:

It's natural to build deep ties with your employees because you may see them more than your own family. Your shared experiences can help you form bonds that have an impact on the workplace dynamic.

We don't always agree with our coworkers, even if they're friends. But maintaining polite communication is critical to ensuring that both work and friendship are respected.

What are relationship conflicts?

Now, as mentioned above- everybody is not perfect and so are the relationships. You always need to maintain the bond with the person. However, sometimes even after making all the efforts, things do not go well and lead to conflicts.



Definition: A struggle, disagreement, argument, or debate between two people in a relationship is referred to as a relationship conflict. A disagreement with your fiancé about wedding planning details, for example, is a relationship conflict.

Whether a relationship is healthy or unhealthy is determined by how you address and resolve relationship conflicts.

Facts about relationship conflicts:

Relationship conflicts can strengthen or destroy relationships. Conflicts, whether with a family member, friends, colleagues, or a romantic partner, essentially make people aware of the flaws in their relationships.

Relationship Conflicts- Healthy or unhealthy?

In a relationship, conflict is healthy. However, the amount or sort of conflict you face and how you handle it can be harmful. According to clinical psychologist and marriage and family therapist Larry Alan Nadig, "There is no such thing as a relationship that does not include some level of tension. Life is full of conflict. It's a fact of life in any relationship, and it's not always a bad thing."

Inappropriate conflict resolution can jeopardize an otherwise healthy relationship. Even though there appears to be no friction in the relationship, it can be toxic.

Are there any benefits of conflicts?

You must be thinking that having relationship conflicts is always bad but it is not right. Here are some benefits that might surprise you; have a look:

Conflicts should be considered as chances to improve your relationship, despite how strange that may sound. According to the book "Mastering Human Relations," if a recurring topic surfaces during a quarrel, such as a lack of spending time together, it can be addressed, and the consequences could strengthen the relationship.

Self-awareness is another advantage of relationship conflict. Through arguments, one can get insight into their own communication, relational, or behavior problems- allowing them to make required changes that will benefit both them and their relationships.



Ways to resolve your relationship conflicts:

It is crucial to resolve your relationship conflicts. But now the question is- how to do it? Here are some excellent ways that help to resolve conflicts:

Talk directly:

It is a wise decision to speak directly with the person with whom you are having difficulties. Sending a letter, beating on the wall, tossing a rock, or complaining to everyone else is far less successful than having a direct talk.

Choose the right time:

Plan ahead of time and make sure that you have enough time for a thorough discussion. Don't bring up the conflict just as the other person is about to leave to make dinner, for example. Try to talk in a quiet place where you can be both comfortable and undisturbed for the duration of the conversation.

It is better to plan:

Before having a conversation- you should plan about what you want to say. For example- if you do not like something, mention it and tell how it affects you. Always ensure to explain the problem.

Blaming is not a solution:

Antagonizing the other person only makes it more difficult for him or her to hear and comprehend your concerns.

Please do not blame the other person for everything. Do not start the conversation with your ideas about what should be done. Blaming each other can only make the situation worse. So do not go on that track.

Provide information:

Don't make assumptions about the other person's actions. "You're deliberately obstructing my driveway to anger me!" Instead, provide information about your own emotions: "I get angry when your car blocks my driveway as I can't get to work on time."

Listen to what the other person has to say:

Allow the other person to fully express his or her side. Relax and pay attention; try to understand how the other person feels.

Show that you are listening:

Many people only pretend that they are listening. It is not right. It is important to show the person that you are all ears. Listening can make you understand the situation better, and you can fix things without any difficulty. Let the person know that you are listening and glad to discuss the conflict.

You can demonstrate to the person that you are paying attention. When they speak, paraphrase — that is, rephrase it in your own words — what they say. This can help to prevent misunderstandings from occurring in the first place.



You can also double-check your perception by ensuring that you're interpreting their reactions correctly. "Is it correct that that comment has irritated you?" These techniques avoid confusion while also demonstrating that you are paying attention and interested in what they are saying.



RELATIONSHIP CONFLICT AND STRATEGIES TO DEAL WITH IT

Let the person know everything:

Get all of your issues and feelings out in the open once you've begun. Don't leave out anything that appears to be too "difficult" to discuss or too "insignificant" to be significant. Your solutions will be most effective if all issues are thoroughly discussed. Clear everything. Don't keep anything to yourselves that trouble you.

Be cooperative and work on a solution:

Start working on a solution once you've reached this point in the discussion. Two or more people working together are far more effective than a single person telling another to change. Be specific: "I will turn off my music at midnight" is preferable to a vague "I will no longer play my music."

Don't drag multiple times at a time:

If there is more than one issue or problem, make sure that you do not drag everything at a time. Clear the issues one by one. In short- pick your issues. You must try to solve the problems one at a time. In the heat of the moment- a fight over one topic can divert into a complaining session. The more complaints you file, the less likely it is that any of them will be fully investigated and resolved.

Final thoughts:

Dealing with and resolving relationship conflicts could be as easy as ABC. Or as hard as studying rocket science. In a nutshell- it entirely depends on you how you handle the conflicts. Don't let it get worse. Work on it and try to solve the problems calmly. When you take efforts everything becomes easy!