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| **Internal Conflict** | |
| **What is it:**  Internal Conflict is essentially when you are faced with 2 decisions that question your morality. Such as if you are given a cheat sheet on an exam but you think that its immoral. | **What are the symptoms:**  Anxiety  Constant movement  Stress  Short Temper  Struggle to focus  Not talking much  Shaking |
| **How to Stop it:**  Don't push away annoying thoughts: If you have an internal conflict then each now and then you will get really annoying and irritating thoughts especially during the times you are trying to relax at. Pushing away those thoughts will only make them more intense. Don't violate your values: One major source of such internal conflicts is the violation of your own values. When you move against what you believe in your subconscious mind will do its best to bring you back to the right track and as a result your mind will start fighting itself. Do what you are supposed to do: The other major source of internal conflicts is escaping from the tasks you are supposed to do. Your beliefs, goals and values will always imply that you act in a certain way. | |

https://gulfnews.com/uae/education/teenage-conflict-and-how-to-resolve-it-1.1184799