Reflect on a past situation of conflict (i.e. a team assignment or an issue with a friend or co-worker) that didn't have the outcome you desired.

Think about your role in the conflict. Think about your specific behaviours, what you said, how you said it, and your body language. Which conflict response did you apply? What worked, and what didn't work?

The situation arose during the last term when we had to submit our final project. There was a conflict between me and another member of my group. Initially, I exhibited forceful behavior and insisted on things being done my way only. Instead of trying to understand the other person's point of view, I focused on highlighting the flaws in their approach. This conflict persisted for a week without any resolution. Finally, we decided to seek help from our professor. He suggested that both of our ideas had their own benefits and disadvantages. He advised us to combine the best aspects from both sides. Taking his suggestion into consideration, we worked together and completed our project.

Now that you have covered the content in this module, what advise can you give to yourself to work towards more successful future outcomes.

My suggestion to myself would be, to understand the reason of conflict, as it is inevitable and must be addressed on time. Understand the need and apply the best conflict resolution idea. Clearing out any misunderstanding is also crucial. Appreciate others need and their ideas and work together until a common conscious is formed.