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SPCOM100

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25/11/2020

Journal 9: Managing Conflict (Words 316)

I recently got in a **conflict** with a friend about my sleep schedule and if it was healthy or not. It came about when we were talking about course load and different ways of studying and I explained that I often pulled all nighters to finish some of work, my friend got angry with me saying that this was incredibly unsustainable and not good for me.

Immediately I took a **avoidance stance** to this conflict, I argued that it wasn’t really that big of a deal and I was doing good so why does it matter. On the other hand, my friend argued on more of a **competition stance,** they asserted in a **non-passive aggressive** way that they knew it was unhealthy and they told me to stop immediately. This was a **complementary conflict** as their state of conflict was different from mine, but it was beneficial as their forward stance convicted me of what they were trying to say and helped us reach a **compromise**. I promised to sleep earlier and work more efficiently to avoid the use of all nighters.

It took me a while to reach this compromise, and I spent a lot of time thinking that my friend was just trying to put me and my character down. This could have been avoided if I defined **my needs** more clearly, in practice this would have meant I explained why I had so many all nighters and how they made me feel. As well it would have helped to ask my friend to outline **their needs**, them explaining that they just wanted me to feel better and be safe would have made the conflict seem more like a conversation and been more productive and creating a positive communication climate. I think as well have my friend help me come up with **possible solutions** would have demonstrated more thoroughly that I wanted to change.