# Coaching Tip: 10 Ways To Resolve Conflicts

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***"The aim of an argument or discussion should not be victory, but progress."***- Joseph Joubert **We are always encountering opinions like ours and totally different from ours whether in social situations or work situations.  We may hear the same story and just "see" it differently based on our own perceptions culled by our experiences throughout our lifetime.** The following  is a list compiled by The National Liberty Museum in Philadelphia, Pennsylvania. Perhaps the founding fathers adhered to the precepts below.  We can not imagine the discussions and disagreements they endured and the compromises that were made to create our nation. Activity:

* Listen more. Talk less. *It helps you to understand the other person's point of view.*
* Ask when you want something. *Making demands only makes things worse.*
* Focus on the problem, not the person.  *It's the only way to solve a disagreement.*
* Always deal with the problem at hand.  *Never bring up old issues or resentments.*
* Take responsibility for your part in the conflict.  *Your view may not be completely right either.*
* Express your feelings without blaming the other person.  *Blame never solves anything.*
* Always talk things out.  *Never use physical force to express your anger.*
* Choose your words carefully.  *Once a word is spoken, it can not be taken back.*
* Look for a solution that is agreeable to both parties*.  If one person isn't satisfied, the problem isn't solved.*
* Step back and put the problem in perspective.  *A problem you have today may not seem so bad tomorrow.*

<http://fritz11235.hubpages.com/hub/Conflicts-at-the-Philadelphia-Convention> (Conflicts for the Founding Fathers) *"Tis done.  We have become a nation*."-Benjamin Franklin