

Pondering Point

There is no doubt that conflict can be an uncomfortable and sometimes painful experience, especially when we're sweeping our issues under the rug. Many of us would rather avoid conflict than deal with it directly. We may start by sweeping our issues under the rug a little at a time. This can make it virtually undetectable. The more we sweep, however, the larger and more noticeable the heap becomes and people start to notice our pile. *What happens when we ignore the signs of a brewing conflict? If we never deal with it, does it get resolved? Are we in a better place if we don't engage conflict?*

Conflict does not have to be violent. If we're programmed to think so, we may be less likely to encourage it. In conflict we find darkness, and when we address it we strike a match that can illuminate resolutions. Often times we avoid discourse because we can't fathom a resolution or the confrontation makes us feel vulnerable. Let's face it – conflict is never fun. However, what happens when we stop dealing with the issues can be worse. Conflict that is not addressed can spawn more issues creating more conflict than was present before. ***Is it worth the discomfort of conflict to get to the soothing relief of resolution?*** *What happens when the rug we have swept everything under gets pulled out from under us?*

Embrace CONFLICT!

What happens if we've swept everything under the rug and it gets pulled out from under us?

Learn to work through it and not dance around it!



Imagine... embracing conflict in the hopes to arrive at positive resolutions.

— From Pondering to Practice —

Activity:

Try This – Put your broom in the closet!

- The next time conflict starts to bubble up, address it right away.

- It may seem like a daunting task so The Charmm'd Foundation has put together a checklist on [Holding Difficult Conversations](#).

- *There are even a few reflective questions to help you take note of what can be done differently next time around.*

- *Don't forget to celebrate what worked well!*

* Remember, we have more **Quick Tips & Tools** on Conflict Resolution - as well as many other helpful topics - available on our website at www.charmmdfoundation.org/QTandT.html - and they're totally **FREE!**

We strive to be your *Valued Community Resource* and encourage you to take advantage of all we have to offer!

Reflection:

- Have you ever swept issues and emotions under the rug?

- What were your reasons for sweeping them away?

- Did you feel you were better off having not engaged the conflict?

- Have you ever made the choice to bring the issues out to those involved? Was it worth it?

- Were you able to find some resolution?

"The consequence to sweeping conflict under the rug depends upon how combustible the conflict and how flammable the rug."

- Julia Glattfelt