



Dealing with Conflict

It is destructive to continue arguing with a person. When there is blame and condemnation, constructive communication is not possible. Communication requires the willingness to listen to one another, to consider the other person's point of view and also requires honesty about what is being communicated. When blame and condemnation enter into the interaction, communication needs to be stopped right away. A request for a more appropriate form of communication needs to be stated. This is enough to bring most people back to their senses. When both people in the interaction are committed to developing and maintaining a constructive communication process, such a reminder will be appreciated.

If the one who is confused refuses to respect or accept such a boundary to blame and condemnation, then the communication needs to be suspended until the other is willing to interact appropriately and help may be needed. There is no benefit in trying to slug it out in a heated exchange. This only leads to hurtful words that are projected from the wounded and distorted parts of our fight-or-flight minds. This is not who we truly are when we are conscious. This is not what we want to bring into the relationship.

We don't want to run away at the slightest whiff of anger and confusion either. We need to find the balance between setting healthy boundaries and making an honest effort to work things out without blame and condemnation.