Be calm in conflict

Conflict-resolution mantras for the workplace and everyday life

Two types of conflicts

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<th>Opponents are of equal status.</th>
<th>Opponents are of unequal status.</th>
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- Be open to opportunities for personal growth
- Within the traditions of meditation, a mantra, or internal chant, is used to focus concentration on a single word or phrase.
- Opponents are of equal status.
- Opponents are of unequal status.
- Broaden your behavioral options
- In one hundred years...

What resolves conflicts?

Conflict, by definition, means that what you normally do to resolve interpersonal issues is not working.

When embroiled in a conflict with someone, meditation is an optimal strategy for remaining reasonably calm and collected in the moment to prevent yourself from overreacting.

Within the traditions of meditation, a mantra, or internal chant, is used to focus concentration on a single word or phrase.

Tie-eem. In one hundred years...
...nobody will remember what happened, no matter how important a critical incident seems in the moment.

He is doing the best he can.

We feel most frustrated with others when they don’t meet our expectations. Remind yourself that they are doing the best that they can.

You can't force other people to change.
Look closely at your own contributions to a conflict instead of focusing on others.

I'm getting stronger.

Adversity can become an important teacher. Remind yourself that you are learning in how the faults and weaknesses that are unfold.

Research indicates that taking a deep breath when you are upset, angry, or overwhelmed, really does help to calm you down and think more clearly.

Forgiveness.

Forgiveness is what allows us to put regrets behind and move on. Forgiving ourselves (and others) helps us to keep them out of our heads.

It’s easy to get caught up in the numerous little but distracting details that command our attention. Forget the past, the future, lose.

Once you can work through a conflict successfully, you are better equipped to deal with similar encounters in the future.

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