

## **CONFLICT ...**

*... is normal*

Life involves series of competing compromises, and frequently contradictory needs, wants, and demands. Understanding and processing through the myriad of competing conflicts from one set of variables to another improves conflict resolution and enhances understanding.

### **Conflicted Emotions**

I Accept My Feelings ←————→ My Feelings Feel Unacceptable  
Anger ←————→ Depression  
Hopelessness ←————→ Hopefulness  
Discouragement ←————→ Inspiration  
Deflation ←————→ Powerfulness  
Resignation ←————→ Initiative

### **Conflicted Thought Patterns**

I Can Tolerate This ←————→ I Need To Escape This  
Desire to Live ←————→ Desire to Die  
Notice Me ←————→ Ignore Me  
I'm Worthless ←————→ I'm Valuable  
I'm Proud of Myself ←————→ I'm Ashamed of Myself  
I'm Lonely and Want You ←————→ I'm Fine and Need Some Space  
I Need You ←————→ I Don't Need You  
I Reward Myself for Accomplishments ←————→ I Punish Myself for Being Inadequate  
Changing ←————→ Observing

### **Conflicted Values**

People are Special ←————→ People are Disgusting  
Things Provide ←————→ Things Are Irrelevant  
Money Influences My Worth ←————→ People Love me For My Money  
I Seek Spiritual Peace ←————→ Spirituality Confuses Me

### **Conflicted Relational Dynamics**

I Can Change This ←————→ Trying is Futile  
I'll Reward You ←————→ I'll Punish You  
I Do Things To Bring You Close ←————→ I Do Things To Push You Away  
I Take Responsibility ←————→ I Avoid Responsibility  
I Acknowledge You ←————→ I Ignore You  
Trust ←————→ Suspicion  
Transparency ←————→ Privacy  
Independence ←————→ Dependence

**Conflicted Motives**

Self "I do for me" ←————→ Other "I do for you"  
I give to get ←————→ I give to please