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ENGLISH

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# How to resolve disagreemets

# Introduction

# Every human being is dissimilar from one other. Everyone acts in a different manner or have different capacities and capacities. Some people are optimistic others are pessimistic; some see one situation as a troubling one while the other might see the same situation as opportunistic. On the other hand, life usually requires individuals to participate in disagreeable situations. To be able to cope with everyday stress, deadlines, the burden of work and personal problems or shortcoming is an integral part of being human in the contemporary world. The essay will shed some light on how to handle disagreements in everyday life.

# Discussion

# Unpleasant situations can arise because of any known or unknown reasons and most of the times they cannot be avoided. There are very few people who can avoid negative situations most of the times and these are usually one of the very optimistic people. Also, most of the times these disagreeable or unpleasant happenings do not take place on their own, but to a certain extent befall because of other individuals or group doings or words. Social communications usually imply disagreement. There is nothing bad about disagreement; yet, many individuals still incline to see disagreement as something troublesome and complicated. Fortunately, there are many ways to tackle or wrestle disagreements in a positive or productive manner.

# Philosophers, teacher, elders, psychologists and most importantly our Holy books have provided us with many effective and efficient ways to deal with disagreement. There are many ways to deal with issues and disagreements but every disagreement might sometimes need a different approach to handle, and sometimes the same approach can be helpful in many disagreements situations. Also, each person's way of handling disagreement or disagreement happens to be different and therefore, every person might have to act in a different way or use a different way to resolve the same issue; but, mostly same ways or tactics can be used for particular disagreeing situations among people. The most effective or best way to resolve a disagreement or disagreement is to not let it occur in the first place. This may look like controversial, but disagreement avoidance is no doubt the best practice, not only to get rid of points of the clash but also to build up a mutually-agreeable or profitable course of action or point of view before the dissimilarities in opinions grow into a serious disagreement.

# To avoid a disagreement, one should take a mindful and practical position, looking for points of potential disagreements. In order to do so, an individual will require to learn the mentality or point of view his or her prospective opponents share and most importantly the benefits of understanding peoples differences that are around. Time spent looking for intimidating tensions will assist one to avoid pointless disagreements even if the disagreement flares up, an individual’s defensive and understanding attempt will most of the times minimize it. Understanding each other's differences and accepting them is the key to avoiding disagreements and ultimately results in peace and open-mindedness. Understanding can come with having knowledge of other people's behavior, approaches, beliefs, and cultures or upbringings.

# Philosophers and writers have mentioned that if the disagreement has already taken place, the best way to resolve the disagreement would be to take care of the situation with humor. It does not imply that one must pay no attention to the opponent’s point of view and make fun out of it, but, it means that one should keep a friendly and broad-minded situation since, saying reacting strictly or saying straight forward things might escalate the situation. A bit of humor will aid in discharging one’s anger, minimize tension, reframe issues to make them look simpler to overcome or resolve, and set the disagreeing party mind to help on that issue with you rather than against you. Just keeping in mind that having a light laugh with the disagreeing party is the key and not laughing at them. This way, a disagreement can turn into an opportunity for making a better association and closeness among you and your adversary.

In any case, in the event that you are as of now occupied with a contradiction or disagreement and there is no undeniable way out of it, recall a few rules that will enable you to limit the danger. One principle is that any physical or verbal maltreatment is never helpful in such situation, regardless of how personal and intense the disagreement gets. One ought to keep away from criticism that is directed towards the disagreeing party’s religion, sect, beliefs, family or other personal matter. For instance, assaulting mental or potentially physical highlights of your adversary; overlooking the rival; the nonverbal threatening vibe, for example, eye-rolling, and making yourself a victim of your rival all should be avoided. These are the traditional rules of participating in a disagreement; tailing them, you can essentially add to the solution of a complex circumstance.

# Conclusions

# To conclude, as should be obvious, disagreements can be dealt with in many unexpected ways. In the event that you see a difference just as a source of issues, it might be hard for you to tackle; in any case, on the off chance that you approach a conflict with a comical inclination, and adhere to certain mental standards, you can limit your mental losses, and even go to a profitable outcome. What is more, recall: the most ideal approach to solve a disagreement is to avert it.