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Ls604wk4Readibg
Curiosity

Developing curiosity is a valuable principle. It allows a person or organization that is experiencing a conflict to resolve it in a manner that minimizes emotional reactions. The reading describes the emotional reactions as evaluations. By stepping back and observing the situation, we can make better and more rational decisions versus emotional knee jerk reactions.

In reflecting on a personal conflict, I can see how developing curiosity could have saved me a lot of emotional expense. After my divorce in 2008, I often wondered why there was so much additional strife after our separation. If I had asked question number one from chapter 10 "How does what this person thinks make sense to her?", then I would be able to better understand her point of view and create observations instead of negative evaluations.

Those evaluations were things like "she's crazy", she's insane, she only wants money, etc. Had I done a paradigm shift and seen things from her point of view, then I would be able to have a better response. A response that brings about resolution versus a response that creates more animus and dissent.

Additionally, question four from our reading "Am I contributing to the difficulty of the situation?" is a very introspective question. Asking this question requires one to look in the mirror and evaluate one's own actions. The only person you can control is yourself. Is a tit for tat, back and forth bringing about any resolution? Syndicated television host Dr. Phil is famous for asking guests on his show who are experiencing familial conflicts "How's that working out for you?"

Question five from our reading "What needs to change in order for a useful dialogue to take place?" gets to the heart of resolution. This also takes a lot of curiosity. You must ask questions from the perspective of the other person in the conflict. Thinking about their needs helps bring about resolution. Oprah Winfrey is famous for the question "Do you want to be right or do you want peace?"