

Remi Balogun      RP 8              CONFLICT MANAGEMENT SKILL

Two areas of strength are (a). Avoid name calling or derogatory statements. and (b). Pray, pray, pray...

I would never be unfair by calling people names or making derogative statements about people even if I had the mind and the causes to do so. Fighting and reveling had never been my cup of tea. But I will always talk openly to the person concerned about what went wrong. After talking for some time to no avail, I would call time out for myself by “shielding” (*in my thinking*) my emotions from harm. Whether the person does good or bad, I would not be moved to response negatively or positively. And I would pray for strength to carry my cross with patience and never repay evil with evil. But at the same time, it was too extreme, and I needed to reach a balance. Another strength is that I pray a lot. When I am most sad or angry is when I am most quiet before man and fully focused on God.

Some areas of growth are (a). Understand before responding/fixing; (b). Use “i feel...” statements / avoid “you are...” statements; I need to improve on the urge to lecture people or fix their issues. It is not uncommon for my children to say “Mum, can’t we have a conversation with you without you turning it into counseling or preaching.?’

I am more prone to accuse people of wrongdoing instead of stating how I feel about what he or she did. I need to change some default statements such as “Why does it have to be your way or the highway.” Or “Why are you insulting my intelligence?” And instead try to use the “I” words. I feel like you are ignoring my input and that makes me feel like you are not interested in considering my opinion.