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Negotiation and Conflict in the Workplace

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An Experience When I Avoided a Conflict and the Result

My girlfriend made the decision to take my car to go shopping with her friends without my permission or even asking me. When I found out, I was extremely vexed, but I took time to process everything though and meticulously think everything though. As soon as she arrived I confronted her about it with a very serene attitude and she gave me the excuse that me she was going to tell me but something came up and she forgot. I was livid at her for this but I didn’t want to be harsh, so I told her it wasn’t a problem. I wanted to avoid conflict with her at all cause so a few hours later, I was still upset about her taking my car. I decided I would always keep my car keys with me even if I am not close to where my car is. That way no one can ever take my car again.

My girlfriend didn’t know I was upset at her, so she would talk to me as if nothing had happened. Suddenly, I realized I wasn’t really friendly or jovial around her as before. I started to interpret what she was saying negatively and questioning statements she said.

At the time, I didn’t know what was causing this, but now I do. The changes occurred because I didn’t wanted to let her know I was upset at her for taking my car without my permission. I know she has always been a safe and responsible person but the fact that she didn’t even have the decency to tell me. I chose to avoid the conflict and now I still feel furious at her and it is making me think negatively of her.

Avoiding conflicts change how I react to people afterwards. It’s like it bothers me if I don’t talk my mind. Something so small and simple escalated to something big and serious because it wasn’t addressed the moment it had to be.