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The Harsh Realities of Staying in a Conflict Situation: How to Overcome Them

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Introduction

Many people feel they have to stay in conflict situations because they deserve what is happening to them or they do not have the skills or fortitude to resolve the conflict. The truth is that skills can be learned and no one has to tolerate a conflict situation long-term.

People in conflict situations face many negative outcomes including ill health, low self-esteem, depression, loneliness, and feelings of worthlessness. First, as circumstances unfold their attention is not on the potential negatives. Eventually, these circumstances feel like traps or they become addicted to the patterns and cannot see a way or do not have the desire to break them. Finally, the person feels overwhelming and defeat and acceptance becomes their lifestyle.

Conflict does not have to be the norm. This article is designed to assist readers in creating a brighter future. It identifies two ways people end up feeling overwhelmed and stuck.

How Do People End Up Here

They Did Not See It Coming

Sometimes people unwittingly choose circumstances which later prove to be the opposite of how they thought things would turn out.

Did you cause the situation or are others imposing circumstances without your permission? If people impose circumstances upon others which were not predicted it

can create a situation which is very difficult to deal with under the best of circumstances. Often they do not hear the pleas of those that are enduring the pain or anguish.

The first thing people could consider is forgiveness. A book which is very helpful is “*Radical Forgiveness*” available from [Amazon](#). It takes its readers through a five-stage process to heal relationships, let go of anger and blame, and find peace.

It happened gradually

Without overt intention, people slip into circumstances which cause conflict and great stress in their lives. In these cases, life happened. They did not notice the signs which foretold of situations which could become unbearable. They did not mean for it to end up this way.

Little things happen one by one. Before they knew it, things had changed. Now they have choices to make-- to change or remain the same; to stay or to leave; to develop a strategy or make a drastic change; to go it alone or seek help.

Choices: Leaving or Staying

There is a point at which people have to decide who the priority in their lives is going to be—others or themselves. Before most people can give to others it is essential that they feel fulfilled. Therefore, the first step is to identify

1. The factors that are distracting them from attaining the life they deserve
2. The warning signs which are currently being ignored
3. Signs that identify when negatives are about to enter their world
4. What they really want
5. How to control impulses which land them in undesirable circumstances
6. What they are not willing to tolerate any longer

7. Behaviours which inadvertently give others permission to treat them a certain way
8. Alternate behaviours which would convey their real intentions, limits and desires
9. How they say 'no' and how it could be expressed to ensure it is not interpreted as "maybe" or 'yes'
10. Who can help them
11. Whether they are willing to invest in themselves.

Others can help but they cannot change others' thinking.

Chasing the Answer

It is easy for certain persons to chase the answer to their woes. They go from workshop to workshop, lifestyle coach to lifestyle coach, conflict resolution coach to conflict resolution coach but there never seems to be any shift.

Coaches can help but unfortunately they cannot cause others to change. Coaches can impart knowledge and skills and lead others to gain insights. This does not mean that clients really learn. They can gain knowledge but they may fail to incorporate it into their lives. Only the clients can make the hard choices.

Choices

Choice: To Stay

It is not uncommon for people to stay where they are and continue to display the same behaviours because that is comfortable. Boredom, conflict, sadness, or anger are their normal patterns. It does not seem possible to image a different life or situation.

Many people feel that their only choice is to make a fuss or submit to the current conditions. Every time they stand up for what they truly want, they feel rejected,

ridiculed, or powerless; thus it is easier to put up with the status quo. They cannot even visualize life being any different from what it is now. They have lost hope and become self-absorbed. Sometimes people feel as if they are buried alive.

It is possible to stay and make changes. The key is to recognize that others may not accept those changes and undermine attempts to create the life really wanted.

Willpower alone often does not work. There has to be a real belief and commitment that change is necessary and there is a well-defined strategy to make it a reality.

Questions which might help

1. Do I really believe what I say I want?
2. Am I willing to change my circumstances if others are not willing to let me change?
3. Do I have a well-defined strategy to create the desirable changes?
4. Have I identified the person or persons who can help me?
5. Do I have the energy at this point in time to create the professional or personal life I desire?
6. Could I tolerate others abandoning me while I am creating those changes or solving my dilemmas?
7. Do I need to preserve relationships as I create the changes?
8. Am I willing and able to deal with my emotions in a constructive manner?
9. Are there support groups I could join?

Choice: To Leave

This does not imply that people have to physically leave where they are presently. It does imply that they have to mentally leave their current thinking patterns behind. If people physically leave one situation without recognizing their patterns, they often find that similar circumstances arise in the new location.

Now is the time to acknowledge limiting beliefs or beliefs which were adopted from other adults which no longer serve you. Facing our shadow side is important. An excellent book to help with this is "*The Shadow Effect*," also available from [Amazon](#).

Questions which might help

1. Is leaving the best solution in the long run?
2. Who will benefit from my leaving and who might be hurt?
3. How is leaving better than staying?
4. What circumstances need to exist in my new situation for me to know that leaving is the best solution?
5. Do I really believe leaving is the best solution?
6. Am I really ready to make changes?
7. What am I going to miss from the current situation and can I fill those gaps?
8. Am I ready to expect and accept only what I truly want?

Final Comment: It's not about leaving or staying

It's really not about leaving or staying. It is about people creating optimal circumstances to live the life they really want and deserve. Any choice is the right choice. The question is, "What is best in the long term?"

When people know what they want, identify the skills they need to realize those futures, accept what they need to do, are willing to take action, and accept others as they are, they can they decide whether leaving or staying is the best solution.

What is best for one person may not be the best for another. It is essential for each person to identify and make his own choices.