



Royal Bahamas Police Force

Working together for a safer Bahamas Police Emergency **919**

Conflict Resolution

Conflict is a normal and necessary part of healthy relationships. After all, people aren't expected to agree on everything at all times. Therefore, learning how to deal with conflict—rather than avoiding it is crucial.

When conflict is mismanaged, it can harm any relationship. But when handled in a respectful and positive way, conflict provides an opportunity for growth, ultimately strengthening the bond between individuals. How we handle our anger and how we deal with other people who are angry can make the difference between managing conflict effectively and having conflict end in violence. Therefore listed below are a few **Conflict Resolution Safety Tips**

Healthy And Unhealthy Ways of Managing And Resolving Conflict	
Unhealthy Responses To Conflict:	Healthy Responses To Conflict
<ul style="list-style-type: none"> • An inability to recognize and respond to the things that matter to the other person • Explosive, angry, hurtful, and resentful reactions. • The withdrawal of love, resulting in rejection, isolation, shaming, and fear of abandonment. • An inability to compromise or see the other person's side. • The fear and avoidance of conflict; the expectation of bad outcomes 	<ul style="list-style-type: none"> • The capacity to recognize and respond to the things that matter to the other person. • Calm, non-defensive, and respectful reactions • A readiness to forgive and forget, and to move past the conflict without holding resentments or anger • The ability to seek compromise and avoid punishing • A belief that facing conflict head is the best thing for both sides • Note that anger is a normal feeling.

Walk Away And Live To See Another Day!

Police Emergency

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National Crime Prevention Office

302-8430/1

www.royalbahamaspolice.org

"To make The Bahamas a safer place to live, work, visit and play."

Crime Stoppers

328-TIPS (8477)

Family Islands

(242) 300-TIPS (8477)