**[90-day assignment] – OL 612-3 Essay on Conflict, Cooperation and Problem-**

**Solving**

**Write an essay (5-6 pages) that describes a conflict situation you experienced in the**

**past:**

**1. Analyze the conflict and describe the aspects of anger, conflict, cooperation, and**

**problem solving that occurred**

**2. Describe what you would do differently if faced with the experience again; use**

**learning on anger, conflict, cooperation, and problem solving, from the course**

**material and developmental readings.**

A recent situation of conflict that I experienced in the past was a friend borrowing funds from me and not paying back what was owed in a timely manner. My friend called me one day and told me that she started a new job and she would appreciate it if she could borrow $500. This money was meant for transportation and food until she got paid at the end of the month. The funny thing about this situation is that I hate lending money to friends or family because I know how it can end up if the borrower does not pay back or if the lender does not deal with the situation well, which can cause the friendship to end. So when I thought about it I told myself well the money would go to a good cause, which was the transportation and food and if it was not that, God knew my heart. So I gave her without expecting any funds back but what I chose to do was not tell her about my intentions. The reason I did not disclose that information was because firstly, as a christian, tithing is important to me. So I decided that the money I chose to lend/ give I considered that to be part of my tithe for that month. Secondly, I wanted to see how she would have handled borrowed money when it comes to a friend and someone you would look out for. So she got the money and life went back to normal.

Roughly about six months later, she messages me again asking for funds because she needed money for the next morning urgently. It was at that point, sadly, that I had to confront the situation that was now affecting me because she clearly could not handle money lent and had no respect for my money. So I decided to send a message addressing the fact that I did not appreciate the fact that months later I have not gotten an update as to when you would repay what was given to you and now asking me for more money. I felt disrespected. She then proceeded to apologize for not updating me about it and also not paying back what was owed but her excuses were the way they were paying her was not monthly but fortnightly. So it was challenging for her to pay back because her salary was now divided and the bills she had to pay were challenging. I understood all that she sent and told her that even though I understand the situation, communication goes a long way and I did not like the lack of it. She told me again that she was sorry for not paying me back and she would try to sort it out. After that conversation, again there was still little communication and honestly I wanted to see what she would have done about it. Prior to this conflict we would talk mostly weekly. So that was another way I decided to drive the point across that I was not happy with the direction she was taking. This strategy gave her an excuse, she blamed my lack of replies for her lack of updates.

It was at that point I got annoyed and angry at the fact that she was creating excuses for why she had not given me the money that was lent to her months ago. Anger is an emotion that is characterized by antagonism toward someone or something you feel has deliberately done you wrong. It can be a good thing to have anger, it gives you a way to express negative feelings and motivates you to find solutions to a problem, but when it becomes excessive it leads to problems. (American Psychological Association, 2022). Before it got to the point of me just dropping her out of my life. I decided to confront the situation. I ignored all the excuses she sent me because no excuse was good enough unless you were a chronic borrower of money and cannot pay me back and of course nobody would say that about themselves. So all the excuses she just started sending one after the next was just simply upsetting me even more and all I focused on was when would I be repaid to teach her about principle. Well that was not the case and she ignored the situation again for another month or two. Until a point she actually began updating me through messaging saying that she would have paid me back on this date, the date would have passed and no funds. I always tried to find a creative way of asking for an update with the money and paraphrased what she told me the last time she told me she would have repaid me.

It came to a point where I had to go get advice on how to receive my money back because I had a bad habit of ignoring problems in my life and would just stop talking to the person to avoid negative energy. The individual that I went to for advice told me their method for getting back borrowed money. They would do it by telling the borrower that they had by this time to give back a reduced amount from what was owed, doing it this way sometimes made it easier for the borrower to pay back without feeling pressure financially. so eventually the debt would be paid off. Receiving that advice I went home thinking how to have this difficult conversation that I myself was not ready for. It was too long overdue cooperation so I had to face it and talk to her about what I just learnt. However it did not have to reach that extent because that same week she messaged me saying that she had something for me. So relieved, I went to her office to collect my funds. She gave me a gift bag and told me she bought me something, apologizing for how long it took.

As I reached back in the car I checked the gift bag and to my surprise it was a plaque stating “Faith, Hope, Love.” The funny thing was there was still no money. I immediately sent her a message thanking her for the christmas gift, however i thought you told me you were putting the money in the bag one time, what happened to it. She proceeded to tell me that she would be giving me the money the following weeks and she would be adding something extra with it for the extended wait, another token of appreciation and that she was getting paid next week so if we can try to meet up at lunch time. At that point I read the message and did not reply and told myself Rachel, you need to talk to her about paying it back in parts so that it would make it easier to pay back. Later that day she messages me again asking if we can meet up tomorrow for her to give me the cash. I met up with her again as stated and this time she gave me a book with a note saying open here. There was an envelope inside with the money owed. I said thank you, we chatted and then we went about our way. Analyzing everything now and seeing what I would have done differently and I believe that what I probably would have changed is addressing the advice given to me about how to get the money back. I should have not procrastinated that conversation because it might have made it smoother and not take so long for me to be repaid.

**References**

https://www.apa.org/topics/anger#:~:text=Anger%20is%20an%20emotion%20characterized,excessive%20anger%20can%20cause%20problems.