**Conflict Resolution Resources**

Name

Institution Affiliation

Course

Instructor

Date

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**The Resource I Shared**

The resource that left the most impression on me was the TED Talk by Brené Brown: “The Power of Vulnerability.” While giving this talk, the key message presented is the significance of vulnerability as the basis of authentic relationships, communication, and conflict resolution. Brown emphasizes that authenticity is the key, and people must be willing to show their weaknesses to others to be more connected. Affected display allows people to express their emotions, providing chances and avenues for addressing problems assertively rather than aggressively (TED, 2011).

The resource was impactful because it helped me to change the perception of using vulnerability in conflict as a benefit. More often than not, we refrain from dealing with the source of the problem out of fear of being judged or rejected. Brown’s message of perceiving vulnerability as strength gave me the confidence to embrace the positive outcomes that may come when handling conflict resolution (TED, 2011).

**The Resource Shared by a Peer**

The resource shared by a peer that resonated deeply with me was "Fighting Jesus Style" (Ephesians 4:25–32). This biblical approach to conflict also entails forgiveness, grace, and kindness. It encourages individuals not to be angry with others and not to gossip but rather use words that bring encouragement and healing. It also relates conflict resolution in relationships with the act of forgiving and embracing the principles of Christianity.

This resource was helpful because it was centered on a topic I cared about and offered insights into conflict resolution from a religious standpoint. It was powerful regarding reconciliation and how grace can heal a heart even if two people are hostile toward each other.

**Why I Selected These Resources**

I selected these resources because they provide emotional benefits and ethical standards in addressing conflicts. The video by Brené Brown provided good advice about how being open helps develop relationships, and ‘Fighting Jesus Style’ provided a Christian view of how characters can accept one another and move beyond existing rifts. Together, they offer a comprehensive framework for managing conflict since it entails emotional intelligence and ethical considerations.

**How These Resources Impacted My Thoughts and Ideas**

These resources shifted conflict resolution in my life because they focused on individual accountabilities and missions. I have learned from Brené Brown the need to create safe and shame-free spaces for discussion. Finally, ‘The Fighting Jesus Style’ highlights that such conduct might have its roots in a man’s imperfections or the lack of something in one’s life. In this way, a scenario is good to think about oneself. The two resources state that arguing should not escalate and be solved through aggression but rather with politeness and reason.

**Personal Applicability**

These resources can be relevant to my job and/or daily life experience. In the professional aspect, the material raises the issue of conflict in the workplace as something that should be approached with an appreciation of the need for trust, which is why it makes me want to take conflicts in the workplace as an opportunity to foster understanding and transparency. Nevertheless, it is worth noting that vulnerability benefits when interpersonal tensions or concerns relate to a lack of productivity within the team.

In personal relationships, I have learned in 'Fighting Jesus Style' that it is important not to throw the first stone and to encourage forgiveness instead of revenge. Its lessons are personal and force me to reflect on being more compassionate and seek to understand the person before me even when the circumstances are difficult.

**Reference**

TED. (2011, January 3). *The power of vulnerability | Brené Brown | TED* [Video]. YouTube. https://www.youtube.com/watch?v=iCvmsMzlF7o