

The Role of Emotional Awareness in Conflict Resolution: Finding Common Ground

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Emotional Well-being Techniques

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Conflict is an inevitable part of any relationship, be it romantic or otherwise. However, the way we handle conflicts can make all the difference in maintaining a healthy and thriving connection with our loved ones. One crucial aspect of conflict resolution is emotional awareness. By understanding and acknowledging our own emotions, as well as those of our partner, we can effectively find common ground and foster a stronger bond. ?