

I NEED TO RESOLVE A CHALLENGING RELATIONSHIP SITUATION

Often we find ourselves with challenges relating to our relationships with others. Examples of these relationships include parent and child, supervisor and employee, student and lecturer or husband and wife. When challenges arise in our relationships with others, we normally would call it a “conflict situation”. These situations lead to emotional discomfort and impact on our relationships with others. When a conflict situation arises, it may be due to your perceptions and assumptions about others, clash of values, or unresolved issues from the past (keeps on re-surfacing).

Conflict may be uncomfortable, but resolving a conflict effectively could have positive benefits for how we manage our relationships with our self and others, in the present and the future. When there is a conflict situation, we often place ourselves in a position where we get hurt because of viewing the problem as coming from the outside. It is important to also think about how you contribute to conflict situations, to reflect on what you can control and change. It is also effective to reflect on our perception of the situation versus the reality of a situation.

WHERE DO I START?

It could be helpful to take time to reflect on the situation to avoid a perpetual cycle of trying to solve what you think is a problem (but may no longer be a problem). Take some time to complete the questions below to reflect on the situation. Once you have answered the questions, you can send this sheet back to a counsellor for a further conversation about your situation.

- 1 REFLECT ON WHAT HAPPENED – LIST THE ORDER IN WHICH THINGS HAPPENED.

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- 2 WHAT DO YOU THINK IS THE PROBLEM?
- 3 HOW DO YOU FEEL ABOUT THE ISSUE? WHAT IS INFLUENCING THE WAY YOU FEEL ABOUT THIS PROBLEM?
- 4 WHAT IS THE HISTORY OF THE PROBLEM? WHERE DOES IT COME FROM?
- 5 HOW DO YOU THINK YOU CONTRIBUTE TO THE PROBLEM?
- 6 WHAT ARE THE THINGS YOU THINK YOU CAN CONTROL IN THIS SITUATION?

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- 7 WHAT ARE THE THINGS YOU THINK YOU CANNOT CONTROL IN THIS SITUATION?
- 8 HOW WOULD YOU BE ABLE TO USE THE THINGS YOU CAN CONTROL ABOUT THIS SITUATION TO RESOLVE THE ISSUE?
- 9 WHAT WOULD BE DIFFERENT IF THE PROBLEM WAS RESOLVED?
- 10 WHAT DO YOU THINK IS THE PROBLEM?
- 11 WHAT HAVE YOU ACCOMPLISHED THUS FAR THAT MOVES YOU TOWARDS RESOLVING THE CONFLICT?

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12 WHAT ARE THE POSITIVE THINGS THAT YOU CAN TAKE FROM THIS SITUATION?

13 WHO ELSE DO YOU NEED TO SUPPORT YOU TO DEAL WITH THE PROBLEM?

14 WHAT IS THE NEXT STEP?

TALK TO A COUNSELLOR
OPTION 1

TALK TO A COUNSELLOR
OPTION 2

Send an e-mail to
counselling@unisa.ac.za for a
further conversation