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On Conflict

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Conflict always had a negative connotation in my mind. In the past, I've always been one to avoid conflict. I did whatever I could to avoid it. Because of my aversion to conflict, I have had to compromise my time and my efforts in numerous situations. I've held my tongue to prevent problems, but sometimes, this would lead to even more problems. This has affected me all my life, whether it's a friend who said something I wasn't fond of or a waitress that messed up my order. I never said anything simply to avoid conflict. Last year, I decided this would come to an end. I promised myself that I would speak up for myself and use conflict as a *positive outlet* to better the situation around me. Embracing conflict instead of running from it has changed my life forever.

In my opinion, I believe that conflict can be a *positive word*. The key is to remain calm, respectful, and to listen. I've learned that if both parties do those three things, conflict can truly be used to solve problems instead of causing them. Through this process, I saw my confidence build and my voice get stronger. It made me happier to know that if I had an issue, I could definitely solve it.

I have used conflict many times in medicine to empathize with patients and to understand where they are coming from, instead of just dismissing their beliefs. This has helped me connect with patients and to really get to know them on a more personal level. Although this has come with many disagreements, in the end, boundaries and lines are not crossed and mutual respect is maintained.

ON CONFLICT BY

BRENDEN HUYNH

Brenden Huynh is a third-year medical student at KPCOM. He is also an Ensign in the United States Navy under the Health Professions Scholarship Program and is interested in psychiatry. He is a life-long Brooklyn/NJ Nets fan and loves spending time with his dog Azula.

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