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## Brightness on the Other Side of Darkness

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What comes to mind when we think about the word “conflict”? The most common way we describe it is a disagreement between two interests, opinions, or ideals. The word carries so much negative connotation that we try to avoid “conflicts” as much as possible. People internalize feelings, change the way they behave, even yield to the other side of the conflict simply because they do not want to deal with the issue at hand. As a result, we are never really truly able to grasp the personal growth and the progress society as a whole can make when dealing with conflict. However, the journey taken to achieve conflict resolution can often be more rewarding than reaching the resolution itself if approached with a positive mindset. This journey allows us to become more flexible and teaches us to learn to adapt to even the toughest situations.

It is in moments like that where the true test of character is made. Do you fold under the pressure or instead use it to forge a new path? Life tends to place the best things it can offer on the other side of fear. Life also puts the brightest things on the other side of darkness.

Our lives should be like a river stream, meeting small rocks, boulders, trees, and much other debris along its path. Nevertheless, we should keep flowing onward. That is because despite all the obstacles in its way, the river provides nourishment to all those it touches. Let us be that river that brightens the life of all those around us and emerge pristine as ever on the other side of conflict.

*BRIGHTNESS ON THE OTHER SIDE OF DARKNESS*

TEJAS PATEL

**Tejas Patel** is a third-year medical student at KPCOM.

## ABOUT THE AUTHOR

