**Introduction to Conflict**

**A definition of conflict:**

* Conflict is “a relationship between two or more parties (individuals or groups) who have or think they have incompatible goals” (Chris Mitchell)

Oxford dictionary definitions of conflict:

* a disagreement
* long lasting armed struggle
* a lack of agreement between opinions, principles, etc, as in ‘*a conflict of interest’*

**A definition of violence:**

* Violence consists of actions, words, attitudes, structures or systems that cause physical, psychological, social or environmental damage. (Working with Conflict)

Oxford Dictionary definitions of violence:

* behaviour involving physical force intended to hurt, damage or kill
* physical or emotional force.

Note the differences between conflict and violence:

* violence causes hurt and damage, physically or psychologically.
* Conflict is part of everyday life.
* Disagreements are most often resolved without violence.
* Conflict, when handled constructively, can lead to positive change and improved relationships.
* Sometimes conflicts are caused by differing perceptions of the same situation. What do you see in the picture? Does anyone else see something different?

