

Student's name

Institutional Affiliation

Date

Misunderstandings are inevitable and common in any relationship but should be minimized from intensifying as it can ruin peace, joy, or any happiness. It can be caused by a number of factors, for instance, ineffective communication, misplaced priorities, lack of respect, as well as lack of knowledge. Additionally, some individuals like reading other people's minds and rush to conclusions resulting in more misunderstandings. That is what happens mostly when the relationship is difficult. Lastly, selfishness leads to misunderstanding as an individual fails to understand the feelings of another person. Information can be gathered by a direct approach, bargaining which is an excellent method when both groups have knowledge regarding resolution. Finally, one can use retreat method.

Relationships fail when trust is broken, which, unluckily is all too frequent. It can be broken in delicate ways, but on the other hand, damaging. It can be caused by betrayal which is in many forms, for instance, disloyalty, dishonesty, unfaithfulness and also withholding. Depending on the circumstances, trust can be repaired, but it requires substantial work. Before embarking on rebuilding broken trust, it's better to first assess if it is worth salvaging the relationship. Similarly, it is better to know the sources of differences before making any steps as it makes it easier to establish trust.

Coercion is the use of power or threats to make an individual change or perform an activity. This sometimes is effective in achieving an individual's change since they have no other choice but to give in. Individuals feel coerced when told what to do or pressured to perform a particular task. This triggers a person to respond by attempting to reassert freedom, thus resistance to persuasion. To emphasize on persuasion rather than intimidation, it's better to give each other enough time to cool the anger as this is the only way which individuals with differences can sit

down and solve an issue. Respect, understanding, and patience should also be there for freedom of choice to prevail.

Different factors cause individuals to feel disrespect. This comprises rejection, being marginalized, being criticized and feel being taken to be unworthy. To demonstrate acceptance and respect, an individual should not make himself/herself for granted. Additionally, individual should also respect themselves first. To appreciate each other's, it good to value yourself first. Secondly, be appreciative of what other individuals are doing it right, for instance, thinking about positive behaviors, qualities, and contributions of others. This will make you to flashback all the good things you have done in the past, and this will assist in rebuilding the relationship. The more precise an individual becomes on things he/she values, the more he/she realize that other individuals are meaningful and important. This impacts another person in a positive manner and helps restore the respect.

Individuals can become upset due to a number of reasons. This can be caused by trigger events, which just initiate anger, the personal character also plays some role as well as an appraisal of the situation. It's better for an individual to first reason before becoming too angry as this will assist in balancing emotions. It is also better to analyze the reasons which caused anger. The deeply felt emotions can be surfaced by approaching another person for help or a counselor. Similarly, emotions can be vented through meditation, communicating with a friend or close confidant, doing intense workouts, or by taking a time out. Physical activities are critical in relaxing the mind, and in the process makes an individual feel relaxed.