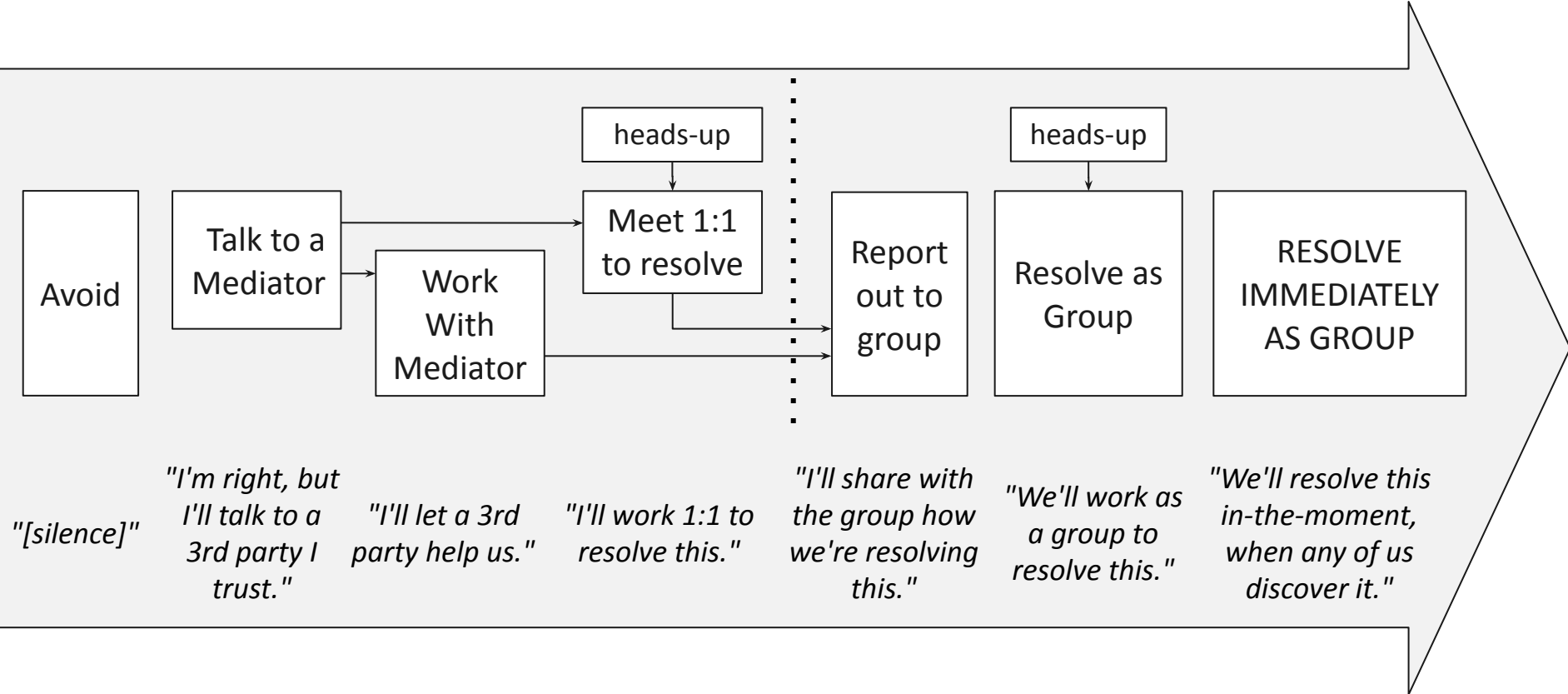


Conflict Growth Path



Necessary Ingredients

1. *Courage*: Speaking your truth.
2. *Selflessness*: Keeping the other's best interests in mind.
3. *Humility*: Suspending your assumptions; making room for others to speak their truth.
4. *Self-Awareness*: Gaining deeper insights about oneself.

The Internal Journey

