

PSYCHOLOGICAL METHODS OF OVERCOMING INTRA-PERSONAL CONFLICTS

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Intra-personal conflicts are among the deepest psychological phenomena of modern humanity, directly influencing a person's emotional state, social adaptation, and ability for self-realization. In the context of social instability, information overload, and high expectations for success, individuals often face internal contradictions between their own needs, values, and societal expectations. Studies by contemporary psychologists indicate that a high level of intra-personal conflict correlates with increased anxiety, emotional exhaustion, and a reduced sense of life satisfaction [1]. Therefore, the issue of overcoming internal contradictions holds not only theoretical but also practical significance for the psychological well-being of individuals.

In psychological science, intra-personal conflict is considered as a clash of incompatible tendencies, motives, or values within one person, accompanied by mental tension and the experience of inner struggle. According to Kurt Lewin, it presents as a situation of simultaneous attraction to two or more mutually exclusive goals, while Leon Festinger described it through the phenomenon of cognitive dissonance, i.e., the contradiction between beliefs and behavior [2]. Abraham Maslow viewed internal conflicts as an inevitable component of the self-actualization process, where a person balances between safety and development. Modern research identifies several types of intra-personal conflicts: motivational, cognitive, moral, role-related, and existential. Their emergence is linked to discrepancies between a person's self-concept and actual behavior, between needs and the possibility of their realization, and between individual values and social expectations [3].

The manifestations of intra-personal conflicts are multifaceted, ranging from emotional instability, anxiety, and fluctuations in self-esteem to difficulties in decision-making and goal-setting. These processes are particularly evident in student and youth environments, where the formation of the "self-concept" is actively taking place. Research shows that unresolved internal contradictions in this age group reduce learning motivation, complicate social adaptation, and can become a factor in emotional burnout [4]. At the same time, a moderate level of internal contradictions can have a constructive function, stimulating self-knowledge, the development of reflection, and the improvement of value systems. Thus, it is not the conflict itself that is destructive, but the inability of the individual to recognize and effectively overcome it.

The issue of methods for overcoming intra-personal conflicts becomes especially relevant in modern psychological practice. Overcoming refers to the process of recognizing, accepting, and harmonizing contradictory parts of the personality, contributing to the achievement of internal balance. Among the most effective approaches, cognitive-behavioral techniques, psychodynamic methods, art therapy, mindfulness practices, and modern integrative approaches such as Internal Family Systems (IFS) are highlighted. In particular, Gestalt therapy, developed by Fritz Perls, focuses on the awareness of “unfinished situations” and the integration of repressed feelings, reducing the intensity of internal contradictions [5]. In cognitive-behavioral therapy, the focus is on changing dysfunctional beliefs that cause internal dissonance. The psychodynamic approach explains conflicts as a struggle between conscious and unconscious impulses, using the concepts of Malan’s conflict triangle to help understand the structure of internal experience [6].

A systematized approach to methods of overcoming intra-personal conflicts can be presented in Table 1.

Table 1. Methods for Overcoming Intra-personal Conflicts and Their Approaches

Group of Methods	Main Idea	Examples / Approaches
Self-reflection and awareness	Awareness of internal contradictions, analysis of personal values and motives	Keeping a journal, written analysis of "pros and cons", mental maps
Cognitive-behavioral techniques	Changing dysfunctional thoughts, restructuring cognitions	Cognitive restructuring, “thought – emotion – action” technique
Psychotherapeutic approaches	Working with unconscious components of the conflict, emotional integration	Gestalt therapy, transactional analysis, psychodynamic therapy
Internal Family Systems (IFS)	Awareness and harmonization of conflicting subpersonalities	Working with "inner child," "inner critic"
Artistic and expressive methods	Expressing conflicts through creativity, images, metaphors	Art therapy, metaphorical cards, collage
Mindfulness and meditation techniques	Reducing tension, developing the ability to accept emotions	Mindfulness practices, breathing techniques, emotional observation

Source: Developed by the authors

The application of the methods listed shows that the highest effectiveness comes from their integrated use: combining deep psychotherapeutic interventions with cognitive restructuring and the development of mindfulness skills. An important condition for successful overcoming is the individual's willingness for self-exploration, the ability to take responsibility for their emotional reactions, and to accept different aspects of their “self.” Research conducted in 2023 (Frontiers in Psychology) indicates

that integrative practices, focused on self-reflection and acceptance, contribute to reducing internal anxiety and increasing the subjective sense of harmony [7].

Thus, intra-personal conflict is not only a source of mental tension but also a potential for personal development. Its awareness and processing are crucial factors in the formation of a holistic, stable, and psychologically mature individual. Optimal results are achieved through the combination of analytical understanding of the causes of conflict, practical self-reflection techniques, and psychotherapeutic support. Effective overcoming of intra-personal conflicts promotes the harmonization of a person's inner world, the formation of a stable "self-concept," and an increase in overall psychological well-being.

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