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Topic: “You Can Make the Opposition Work for You”

You can find it in the Government. You can find it in almost every sport. You can even find it in the music industry. What is this mysterious word? It is opposition!

Opposition is the meeting of two divergent forces. Although considered negatively most times, the opposition can actually prove to be positive. Joseph B. Wirthlin maintains that “adversity if handled correctly, can be a blessing in our lives. We can learn to love it.” Do you think it’s possible that you can make the opposing side work for you?

There is a surplus of ways you actually can make the opposition work. Opposition can provide you with the opportunity to challenge your beliefs, aid in the prevention of conflicts and add enthusiasm.

First and foremost, the opportunity to challenge your beliefs is one out of a plethora of ways to make differences compatible. Think about it! When you consider opposing arguments, you must understand another point of view. Listening without a judgmental attitude will fully help you understand with an open mind and an open heart.

Do you know that when you listen to others, it offers a deeper understanding of the problems at hand? The goal is to make others feel heard. A strong quarrel against your opinion expands your knowledge about the subject matter. It gives you a fresh start and a chance to reconsider your credence. When another individual disagrees with a belief you may have, do not take it as an insult. Think of it as a moment to grow as a human being. Why? A good discussion, especially an opposing one, can be a means to practice disassociating from what we believe in and opening our minds to new information.

Ray Dalio puts it best when he says, “I believe that one of the best ways of getting at the truth is reflecting with others who have opposing views and who share an interest in finding the truth, rather than being proven right.” This proves that opposition is indeed beneficial.

Additionally, the prevention of conflicts is another result of making the opposing side work for you. The rejection of opposition can sometimes escalate to further conflict. However, embracing the opposition, will sometimes, surprisingly reduce conflict. Individuals don’t want to have that disgusting feeling of being disrespected. You don’t necessarily need to agree with others, but you can make the effort to hear their viewpoint. When everyone is calm, it’s not difficult at all to work through situations without a dispute.

Active listening is one out of many methods intended to help you hear and understand what someone else is saying and to help the speaker express themselves distinctly. Active listening focuses on both facts and feelings, lessens tension and defensiveness, and allows the problem to be resolved successfully. Start by using techniques to defuse tension between you and

another person. This way, you can “agree to disagree” respectfully. Here again, the value of opposition is highlighted.

Last but not least, the opposition can bring enthusiasm. To illustrate, a family game night is a good example. Members are divided into teams and oppose one another in a healthy environment. You never see anyone being grudgeful towards each other. It is all in good fun! The same is true for sporting competitions. How exciting it is to play and spectate these events, as a form of recreation. The opposition in both of these scenarios brings amusement. Winning brings excitement!

However, this excitement cannot be achieved without opposition. To give you an idea, in games, there is always an opposing side playing against a team. In most cases, only one group can be victorious. In addition, when a team wins a game, they often celebrate because of their accomplishment. Now after looking through this, do you think that the opposition can bring exhilaration? It is clear that it does!

As stated, there is an abundance of ways you can make the opposition work for you. It is the opportunity to challenge your beliefs, prevent conflicts and bring excitement. When you think about opposing arguments, you can use them to open yourself to other possible points of view and eye-opening experiences. You can also stop conflicts by becoming more aware of your emotions and the emotions of other persons. Lastly, the opposition can create fun engagement.

The moral of it all is that you don't have to be immature if you fail to agree with someone about something. Now after reading this, do you agree that you can make the opposing side work for you?