

Conflict Resolution vs Conflict Avoidance (vsdiff.com)

Criteria	Conflict Resolution	Conflict Avoidance
Definition	Involves actively addressing and settling disagreements through dialogue and negotiation.	A strategy that entails steering clear of conflicts or disagreements entirely.
Approach	Proactive and engages all involved parties.	Reactive and often disregards the issue at hand.
Outcomes	Tends to lead to mutual understanding and stronger relationships.	Can result in unresolved issues, which may lead to further conflicts later.
Emotional Impact	Can lead to relief and closure for all parties involved.	May lead to unresolved feelings of resentment or frustration.
Long-Term Effects	Fosters a culture of openness and trust.	Creates a facade of harmony while problems simmer beneath the surface.

Source: <https://vsdiff.com/conflict-resolution-vs-conflict-avoidance/>