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BIG IDEA – Conflict is inevitable, but **misery is optional**.

Scripture Focus – What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? **James 4:1 NLT**

Conflict is inevitable, but misery is optional.

Hot take: Healthy relationships don't have *less* conflict—they face it more often and do so head-on! 💥

Conflict is everywhere (thanks, broken world 🌍), and most of us would rather face a thousand camel fleas 🐪 than deal with it. But here's the twist: strong relationships go *through* the tunnel of chaos, not around it—coming out deeper, stronger, and more committed.

The Bible is filled with conflict.

It is filled with conflict because it is a human expression and outcome of our brokenness – our **sin**.

When we try to create a life where we are the **masters of our own truth** and **base our moral decisions on what we want, and when we want it**. It is a guaranteed **mess** when it comes to our relationships with each other.

It's like we are all preschoolers fighting over the same toy! It's mine. I don't want to share. Get your own toy!

God did not eliminate the conflicts and human problems from the Bible – in fact, it was all recorded for everyone to see!

Did you know there are plenty of **Hot Heads in the Bible** who experienced caused or experienced **conflict**. Can you name a few?

- 🔥 **Cain** (Genesis 4)
- 🔥 **Esau** (Genesis 25–36)
- 🔥 **Moses** (Exodus, Numbers, Deuteronomy)
- 🔥 **Samson** (Judges 13–16)
- 🔥 **King Saul** (1 Samuel)
- 🔥 **Nabal** (1 Samuel 25)
- 🔥 **Jonah** (Book of Jonah, 2 Kings 14:25 reference)
- 🔥 **Peter** (Gospels: Matthew, Mark, Luke, John)
- 🔥 **James and John** ("Sons of Thunder") (Gospels)
- 🔥 **Paul** (Saul before conversion) (Acts 7–9)

I think one of the more interesting HOT HEADS was Nabal!

Nabal - You'll find his entire sad story in 1 Samuel 25.

- His name in Hebrew means "**evil fool!**" "This man's name was Nabal, and his wife, **Abigail, was a sensible and beautiful woman**. But Nabal, a descendant of Caleb, was crude and mean in all his dealings." 1 Samuel 25:3
- **Shockingly – Nabal was a descendant of Caleb! One of the two faithful spies that Moses sent into the Promised Land, and who was given Hebron as his inheritance.**
- **Abigail had to negotiate on her husband's behalf**, "I know Nabal is a wicked and ill-tempered man; please don't pay any attention to him. He is a fool, just as his name suggests. But I never even saw the young men you sent." 1 Samuel 25:25
- **Nabal wasn't just a hot-headed fool; he was miserable and made life miserable for everyone around him.** Abigail had saved his life from David, but could not save him from himself! "When Abigail arrived home, she found that Nabal was throwing a big party and was celebrating like a king. He was very drunk, so she didn't tell him anything about her meeting with David until dawn the next day. **In the morning when Nabal was sober, his wife told him what had happened. As a result he had a stroke, and he lay paralyzed on his bed like a stone.** About **ten days later, the Lord struck him, and he died.**" 1 Samuel 25:36-38

Conflict is a reality in relationships, so instead of avoiding it, how can we navigate through it?

Conflict in relationships is a lot like a nursery rhyme popularized by Michael Rosen, a British author, in his **1989 picture book of the same name**, illustrated by Helen Oxenbury.

[We're going on a bear hunt.](#)

We're going on a bear hunt. (x2)

We're going to catch a big one. (x2)

I'm not scared. (x2)
Oh, look at those tall reeds!
They're so tall!
We can't go over it. (x2)
We can't go under it. (x2)
We'll have to go through it!
Swish, swish, swish, swish.

Navigating through conflict is the goal to getting and keeping a quality marriage and robust relationships over this brief span of smoke called life!

Most quality relationships will pass through the tunnel of chaos. And if they make it, the relationship can be richer and deeper than ever before.

Everything within us will want to avoid the tunnel of chaos; to try to attain intimacy without having to go through this phase. We will be tempted to think that life will be easier, and the relationship will function just fine without going it. Any relationship that isn't willing to pay the price, and go through the tunnel of chaos, is one that will never function as God intended and will always leave you longing for more. – Rob Furlong.

[Coryle Bovitz](#) says, **too often we settle for what he calls, "pseudo community." Pseudo community is when you are going through the motions – it looks good on the outside, but inside you know it is hollow. It's when we move from celebrating each other to simple tolerating each other. A shift occurs when we move from sharing truth with one another to sharing platitudes."**

The Chosen has had [280 million people](#) watching the series because Dallas Jenkins has captured real people, living real lives, with real issues and real conflict!



Where does conflict come from?

Other than just saying that conflict generally comes from sin, where does it exactly come from?

James, the brother of Jesus, spills the tea on where conflict *really* comes from.

He nails it in his New Testament letter writing to the Jewish-Christian Community in the first century.

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? James 4:1

Here's the interesting thing about the words James uses for, "quarrels" and "fights."

- The word for quarrels is **maché**: a battle, fight, conflict, or strife. The "fight" can refer to the **struggle between good and evil or the perseverance required in a believer's daily life**.
- But the word he uses for fights is **polemos**: warfare. **POLEMO** was the **personified spirit (daimon) of war and battle**. James brings the **vocabulary of military conflict** into the arena of inner passions. By locating warlike striving in the human heart, **he exposes covetousness as a microcosm of the cosmic revolt and calls believers to submission under God**.

These are highly emotional terms describing the rage that happens in physical battles that result in the loss of life!

But he uses these words to talk about another kind of war or battle that rages within us **first** – before the rage shows up in bloody conflict.

- James says it starts out as **hédoné**: **Pleasure, desire, lust – indulgent appetite for more** from within our own soul! Our English word is hedonism, "Hedonism is a philosophical concept that is concerned with **the pursuit of pleasure and happiness as the ultimate goal of human existence**."*
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- **Human beings seeking self-satisfying opportunities, end up in emotional warfare when we don't get our way!**

Is this what James is telling us?

"You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure." James 4:2-3

Our drive to self-interest or self-protect a single view way of life causes our conflicts?

OUCH! That hurts!

James doesn't just give the cause; he also gives the solution a few verses later.

"So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief.

Let there be sadness instead of laughter, and gloom instead of joy. **Humble yourselves before the Lord, and he will lift you up in honor.**" James 4:7-10

James doesn't say it outright, but when he concludes the discussion about fighting and quarrelling, he **highlights the idea of humbling ourselves before God – the opposite of pride.**

Who would have thought we could stop conflicts with each other by humbly examining ourselves before God!

Our pride gets the best of us when we are in conflict with others. As we've talked about before – oftentimes the closer the relationship the harder it is to stop rationalizing our behavior and we become more persistent in our pride.



Two extreme personalities when dealing with conflict.

Most folks are in the middle, but the extremes are where we find the highest amount of frustration in relationships.

We have the exploders or the imploders!

[Enneagram 8's](#) thrive in conflict, Enneagram 9's avoid conflict, storing up strong feelings until they can't take it anymore – then they explode. A healthy 9 **understand that [conflicts can bring people closer](#)**. A few great [Enneagram 9 memes](#).

With either extreme, the best option in heated conversations is the word: **delay**.

DELAY

Not ignore, not put it off or bury it, but put a pause on the issue!

Delaying helps us step away from hot words and over-reaction.

Like we talked about little words adding up to big impacts – both negative and positive. Choosing to love in the little frustrations helps guard against saving them up and then just laying waste in a litany of listed offenses – one after another: In marriages and roommates, it is stuff like:

- Leaving the toilet seat left up.
- Rolling up the toothpaste tube differently.
- Leaving clothes on the floor.
- Leaving cabinet doors open.
- Spending too long in the bathroom.
- Not turning a light off.
- Leaving lights on.
- Setting the thermostat too high or too low.



LET GO TO MINIMIZE FRUSTRATIONS

Listen to these verses that Paul tells the church about they handle their inner-personal relationships.

Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. **Romans 12:16 NIV**

Paul uses the word *phroneó*: Our mind - to think, to have a mindset. Harmony means proactively setting our minds on the same things. Working together to set our sights on heaven and join together in Kingdom of God mindset. [Colossians 3:1-2](#).

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. Colossians 3:1-2.

Love means just letting some things GO!

Some of us are way too sensitive and hold onto things far too long. It becomes increasingly hard to get on your good side or out of the doghouse! Those smaller issues can cause fissures, cracks or wedges in our relationships.

Conflict can cause a wedge and increase the “drift-space” between relationships.

Anger, Paul says is a kind of wedge can give a foothold for the devil to work against each other.

"And “don't sin by letting anger control you.” Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.” Ephesians 4:26-27

By holding onto hurts, pains or issues longer than necessary we just give the devil an open door to mess with our head and heart – making it very difficult to forgive, forget or move forward!

Because conflict is often painful, we aren't so eager to hang around people we think are using us or worse burning us.

[Nip it in the bud.](#)

Stopping conflict before it escalates and gets out of hand.

I like what Paul told his protégés Timothy and Titus the same thing, “don't let conflict start to begin with.” Well, Paul didn't exactly say that. He wrote to Timothy

saying, “Don’t have anything to do with foolish and stupid arguments, because you know they produce quarrels.” **2 Timothy 2:23**

ARGUING WAS AN ART in Greco-Roman society prized rhetoric and public disputation, and the synagogue tradition included vigorous debate over the Law. Early believers, drawn from these cultures, readily imported argumentative habits.

The same word for quarrels we read before: **maché**: translated - **Battle, fight, conflict, strife**. Paul reminds Timothy that these conflicts actually create angry birds – well, they **gennaó**: **give birth, produce, or precreate more conflict than we started with!**

Paul wrote to Titus saying, “But **avoid foolish controversies and genealogies and arguments and quarrels** about the law, because these are unprofitable and useless.” **Titus 3:9**

Not only do couples violate this principle all the time, but social media is filled with stupid opinions which gives birth to fruitless arguments.



Celebrations and Crisis

Celebrations and crisis can be moments where we come together to identify and share emotions and experiences.

Be happy with those who are happy, and weep with those who weep. **Romans 12:15**

So don’t fix it; feel it.

Don’t advise your wife, husband or friend **to get out of the sadness; step into it with them.**

Oftentimes no words are even necessary.

Empathy is so powerful Empathy is so powerful!

It says:

- I see you.
- I get you.
- I’ve got you.
- God’s got us both.



Changing our beliefs and behaviors about conflict

Change in our behaviors takes time, but it also takes determination!

- There is **knowledge** (cognition) about what the Bible says to do.
- And there is plenty of **emotions** in experiencing God moving in our life.
- But when it comes to **conation** (drive) to move towards obedience **we get lost in busyness and conflicting pursuits.**

Conation. An inclination or **drive to act purposefully, often involving the application of intellectual energy to achieve a task or goal.** It is one of the three elements of human behavior, alongside cognition and emotion. Cognition, Emotion and Conation.

As we determine to be obedient, the Holy Spirit works with us to help us stay on track and to see it through to the finish.

DETERMINATION & DESIRE

- **The willingness to walk through walls.**
- **The willingness to be different at 30 than you were 20 different at 40 than you were 30 different at 60 than you were at 50.**
- **The ability to just keep going forward and growing.**

[David Brooks, Professor, Author](#)

Determination to not fear conflict, but to engage with relationships to see yourself on the other side of the tunnel of chaos and value your marriage or friendships as eternal.

Desire to do exactly what the Apostle James said to do “**Come close to God, and God will come close to you.**”

Like what Paul wrote to the churches in Colossae, “**set our minds on things above.**”

SCRIPTURES

1 Samuel 25:25 NLT

I know Nabal is a wicked and ill-tempered man; please don't pay any attention to him. He is a fool, just as his name suggests. But I never even saw the young men you sent.

1 Samuel 25:36-38

When Abigail arrived home, she found that Nabal was throwing a big party and was celebrating like a king. He was very drunk, so she didn't tell him anything about her meeting with David until dawn the next day. In the morning when Nabal was sober, his wife told him what had happened. As a result he had a

stroke, and he lay paralyzed on his bed like a stone. About ten days later, the Lord struck him, and he died.

James 4:1

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James 4:2-3

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James 4:7-10

So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor.

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Colossians 3:1-2

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Ephesians 4:26-27

And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

Romans 12:15

Be happy with those who are happy, and weep with those who weep.

2 Timothy 2:23

Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels.

Titus 3:9

But **avoid foolish controversies and genealogies and arguments and quarrels** about the law, because these are unprofitable and useless.

NOTES



Famous HOT HEADS in the Bible

🔥 1. Peter (Simon Peter)

- Peter was impulsive, emotional, and sometimes explosive.
- He cut off the ear of the high priest's servant in the Garden of Gethsemane (John 18:10).
- He boldly swore loyalty to Jesus — and then denied Him three times under pressure (Mark 14:29–31, 66–72).
- Peter's fiery passion later became bold leadership for the early church.

🔥 2. Moses

- Yes, Moses — Israel's greatest leader — had a serious temper.
- He killed an Egyptian taskmaster in anger (Exodus 2:11-12).
- He smashed the tablets of the Ten Commandments when he saw Israel's idolatry (Exodus 32:19).
- He struck the rock in frustration instead of speaking to it as God commanded — and lost his chance to enter the Promised Land (Numbers 20:10-12).

🔥 3. Samson

- A man of enormous physical strength — and enormous temper problems.
- When betrayed by his wife, he burned Philistine fields with foxes tied to torches (Judges 15:4-5).
- He slaughtered men out of revenge and got into endless cycles of rage and retaliation (Judges 15:7-8, 15).

🔥 4. Jonah

- The prophet who ran from God and sulked when God showed mercy.
- Jonah got so angry at God for sparing Nineveh that he asked to die (Jonah 4:1-3).
- He raged at a plant dying — showing his temper was misdirected even over trivial things (Jonah 4:9).

🔥 5. James and John ("Sons of Thunder")

- Nicknamed by Jesus for their fiery personalities (Mark 3:17).
- They once wanted to call down fire from heaven on a Samaritan village that rejected Jesus (Luke 9:54).
- Their ambition to sit at Jesus' right and left hand caused friction among the disciples (Mark 10:35-41).

🔥 6. Saul (King Saul)

- Started humble, became jealous, paranoid, and murderous.
- Tried repeatedly to kill David in jealous rages (1 Samuel 18:10-11, 19:10).

- Ordered the massacre of priests because of his uncontrolled anger (1 Samuel 22:16-19).

7. Cain

8. Esau

9. Nabal

- His name in Hebrew means “**evil fool!**” “This man's name was Nabal, and his wife, Abigail, was a sensible and beautiful woman. But Nabal, a descendant of Caleb, was crude and mean in all his dealings.” 1 Samuel 25:3
- Abigail negotiated on her husband's behalf, “I know Nabal is a wicked and ill-tempered man; please don't pay any attention to him. He is a fool, just as his name suggests. But I never even saw the young men you sent.” 1 Samuel 25:25
- **Nabal wasn't just a hot-headed fool, he was miserable and made life miserable for everyone around him.** Abigail had saved his life from David, but could not save him from himself! “When Abigail arrived home, she found that Nabal was throwing a big party and was celebrating like a king. He was very drunk, so she didn't tell him anything about her meeting with David until dawn the next day. **In the morning when Nabal was sober, his wife told him what had happened. As a result he had a stroke, and he lay paralyzed on his bed like a stone.** About **ten days later, the Lord struck him, and he died.**” 1 Samuel 25:36-38

10. Bonus: Paul (Saul of Tarsus, before conversion)

While not known as a “hot head” after conversion, **Paul as Saul was “breathing threats and murder” against Christians (Acts 9:1).** His zeal bordered on rage until Jesus redirected it.



[Who was Nabal in the Bible?](#)

Nabal is noteworthy for the brief interaction he had with David while David was on the run from King Saul. The account of David and Nabal is found in 1 Samuel 25. Nabal was from the clan of Caleb, and his name means “fool”—a fact that suggests Nabal may have been a nickname he earned by his “harsh and evil” behavior (verse 3, BSB). Nabal lived near the town of Maoen in the hill country of Judea and possessed thousands of sheep and goats that he pastured near Carmel. Nabal was extremely wealthy; however, his greatest asset was his beautiful and intelligent wife, Abigail.

[Rev Bible Commentary](#)

“**of the house of Caleb.**” This could also be translated, “And he was a Calebite,” but that is not as clear to the English reader as “of the house of Caleb” does. It

seems most likely that what is being emphasized here is that **Nabal was a descendant of Caleb, one of the two faithful spies that Moses sent into the Promised Land, and who was given Hebron as his inheritance** ([Num. 13:6; 14:5-9, 26-30](#); [Josh. 14:13-14](#)). This would explain why Nabal lived in the desert area near Maon, a town in the hill country of Judah ([Josh. 15:48, 55](#)) about nine miles south of Hebron. However, the word "Caleb" can have two other meanings, which, even if they are not the primary meaning of the word, come into play as we meet Nabal because a native Hebrew speaker would see all the potential meanings. "Caleb" can also mean "like his heart," from the word *leb*, heart, in Hebrew, indicating that Caleb was a man who acted like his heart and thus was harsh and evil, and it is interesting in that light that when Abigail told him that she had given sustenance to David and his men, Nabal's "heart died inside him," and then following his heart, he died too. Also, "Caleb" can be pointed differently in the Hebrew than the proper name is, and mean "dog." Thus, *kaleb* ([#03612](#) כָּלֵב) is the man's name and *keleb* ([#03611](#) כֶּלֶב) means dog, but without the vowel points that were added many hundreds of years after Samuel's time, the two words are the same. So "Caleb" can also literally mean, "like a dog," making his name and description "Fool...like a dog," and dogs were generally disliked in the biblical culture.^b Sadly for the house of Caleb, Nabal was not the good man that Caleb was.

Nabal's Foolishness, David's judgement and Abigail's intervention.

Abigail's Intervention:

Nabal's foolishness nearly led to disaster, as David, angered by the insult, prepared to take vengeance. However, Abigail, Nabal's wise and discerning wife, intervened. She quickly gathered a generous gift of food and wine and went to meet David, humbly pleading for mercy on behalf of her household. Her actions and words, as recorded in [1 Samuel 25:24-31](#), demonstrate her wisdom and understanding of God's purposes.

Divine Judgment:

Abigail's intervention averted bloodshed, and David recognized her wisdom, blessing her for preventing him from taking vengeance. Upon returning home, Abigail informed Nabal of the events after he had sobered from a drunken feast. The news struck Nabal, and he became like a stone. About ten days later, the Lord struck Nabal, and he died, as noted in [1 Samuel 25:38](#) : "About ten days later, the LORD struck Nabal dead."



7 Ways Parental Fighting Can Have Long-Term Mental Health Effects on Kids

Children of all ages, from infancy to early adulthood, are influenced by how their parents manage their differences. Researchers believe high-conflict marriages take a toll on a child's mental health and self-esteem.

- **It can cause insecurity.** Fighting undermines kids' sense of security about the stability of the family. Children who are exposed to a lot of fighting may worry about divorce or wonder when one parent's silent treatment will end. It becomes difficult for them to have a sense of normalcy in the family since fights may be unpredictable.
 - **It can affect the parent-child relationship.** High-conflict situations are stressful, and a stressed-out parent might not spend a lot of time with their kids. In addition, the quality of the relationship may be affected, as it may be difficult for parents to show warmth and affection when they're angry with each other.
 - **It can create a stressful environment.** Overhearing frequent or intense fighting is stressful for kids and can be scary. Stress can take a toll on their physical and psychological well-being and interferes with normal, healthy development.
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Conflict Resolution

Key Scriptures on Conflict Resolution

- Teachings from Jesus
 - Matthew 5:23-24: "If you are offering your gift at the altar and remember that your brother has something against you, leave your gift there. First, be reconciled to your brother, and then come and offer your gift."
 - Matthew 18:15: "If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother."
 - Wisdom from Proverbs
 - Proverbs 15:1: "A gentle answer turns away wrath, but a harsh word stirs up anger."
 - Proverbs 17:14: "Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out."
 - General Guidance
 - **James 4:1: "What causes fights and quarrels among you? Don't they come from your desires that battle within you?"**
 - Romans 12:18: "If it is possible, as far as it depends on you, live at peace with everyone."
 - Encouragement for Peacemaking
 - Matthew 5:9: "Blessed are the peacemakers, for they will be called children of God."
 - Colossians 3:13: "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
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How can conflict come from lust or pleasures?

Is not this the true source of all war and contention? The word rendered "lusts" is in the margin rendered "pleasures." This is the usual meaning of the word (ἡδονή **hēdone**); but it is commonly applied to the pleasures of sense, and thence denotes **desire, appetite, lust**. It may be applied to **any desire of sensual gratification, and then to the indulgence of any corrupt propensity of the mind. The lust or desire of rapine, of plunder, of ambition, of fame, of a more extended dominion**, I would be properly embraced in the meaning of the word. ~ [Barnes Notes on the Bible](#).



The Ultimate Guide to Healthy Church Conflict

- **Attack problems, not people** - You and I live in a culture where it's become a sport to attack each other. Our culture is polarized, tribalized, and polemicized to the point where almost any kind of communication can blow up into an unsolvable mess where everything becomes personal.
- **Positions vs Interests** - Your interests are what caused you to take your position. They're the reasons behind your position. And that's what you want to uncover when you're attacking a problem with someone — you want to understand what caused them to take their position.
- **10 Emotionally Intelligent Questions to Uncover Interests**
 1. Can you share why this is so important to you?
 2. Can you help me understand why you see ____ as the right path forward?
 3. What do you wish would happen?
 4. What will we miss or lose if we move forward with ____ ?
 5. What are you most sad about?
 6. How might this decision impact you/your team?
 7. What worries you about the future?
 8. Of all the possibilities in front of us, what's the one thing that feels like a non-negotiable to you?
 9. What excites you about the future?
 10. What is something I haven't considered yet about my proposed solution?
- **Approaches to de-escalate conflict, outrage and hate.**
 1. Choose to believe the best about people.
 2. Empathize with your opponents.
 3. Wait a day (The 24-hour rule).
 4. Reply relationally (humanize the conversation).



Three Elements of Human Behavior

Cognition

Cognition refers to the mental processes involved in acquiring knowledge and understanding through thought, experience, and the senses. It encompasses a range of functions including perception, attention, memory, reasoning, problem-solving, and decision-making. Cognition is essential for learning and adapting to new situations.

Emotion

Emotion is a complex psychological state that involves a subjective experience, physiological response, and behavioral or expressive response. Emotions can influence thoughts and behaviors and are often categorized into basic feelings such as happiness, sadness, anger, fear, surprise, and disgust. They play a crucial role in human interactions and decision-making.

Conation

Conation refers to the aspect of mental processes that involves motivation, volition, and the will to act. It encompasses the drive to pursue goals, make decisions, and engage in purposeful behavior. Conation is often linked to the concepts of intention and effort, highlighting how individuals strive to achieve their objectives.

In summary, **cognition involves thinking and understanding, emotion pertains to feelings and responses, and conation relates to the will and motivation to act.** Together, these three components contribute to human behavior and experience.

Plato states it like this, *“Human behavior flows from three main sources: **desire, emotion, and knowledge**”*



[Psychology Triangle: Exploring the Core Elements of Human Behavior](#)

The psychology triangle, also known as the cognitive-affective-behavioral triangle, is a conceptual model that breaks down human psychology into three interconnected components: cognition (thoughts), emotion (feelings), and behavior (actions). This triad forms the foundation of our psychological experiences, influencing everything from our daily decisions to our long-term life choices.
