

**Abstract**

This bachelor thesis examines internal conflicts and their effect on inner experience and behaviour. The theoretical part of the thesis involves the description of the basic characteristics of conflict based on their content and categorisation; emotional, cognitive and behavioural components that contribute towards the creation of conflict; the dynamics of conflict and the possibilities of the regulation of the resulting tension. The goals of our work are to depict the impact of the internal conflict on the human mind and to identify the various approaches to conflict resolution. We have suggested dividing the intervention techniques into two main categories –direct and indirect techniques. In the empirical part of the thesis, we compare the effectiveness of such techniques in a form of an experiment. The participants are divided into the experimental groups according to the intervention technique applied. The measurements before and after the intervention will be evaluated with regards to the extension and severity of the internal conflict.

**Key words:**

Internal conflict – emotions – cognitive processes – behaviour – emotion regulation