Conflict is as old as mankind. It is a salient feature of the human society. Men must fight even if they do not possess arms or when tools of violence are not within reach; and as Morgenthau (1948) posits, when there are no arms to fight, men will fight even with their bare fists. From birth, a baby begins the journey of conflict by crying, which is a flash of conflict. As he grows up, he bites with his teeth or scratches with the nails on his tiny fingers when he is upset. This presupposes that men will continue to fight as long as they have emotions that have the potential to love or hate; to be happy or sad; to be pleased or angry. So long as man has other men around him, there will be issues of disagreement, because interest differs and interests do clash, which may lead to disagreement or confrontation. A community or society of men thus creates room for explosive attitudes and relations. This chapter delves into the critical question of types and causes of conflict, with the view to addressing the common patterns of most conflicts in human society.