In this paper the different definitions of conflict are studied and analyzed to obtain its common features. The globalization and the complex societies have different levels of intensity in their conflicts, and the range of situations produced is very wide. Therefore it is important to find the common elements and configure a methodological model help us to obtain an approach to a theory of conflicts. The relation between the power of parties and the origins and management of conflicts is proposed as a key, understanding the power as a human potential to make something, to get specific objectives and personal interests or to overcome resistances that determine the emergence of a conflict. Finally, the most usual methods to manage the conflicts are showed, and the difficulty to design a general Theory of Conflicts with universal amplitude for management, transformation and resolution of conflicts is analyzed.

**Keywords**

Conflicts, conflicts management, power, theory of conflicts.