This article explores the dichotomy between conflict and cooperation, highlighting the way it has influenced the two actors' policies towards the Eastern Neighbourhood. It posits that the difference between what the EU says and what it does is desired and perpetuated both by Russia, the EU's member states and the countries within the Eastern Neighbourhood. Simultaneously, Moscow is unable to formulate a clear strategy for the Eastern Neighbourhood, which makes its approach geared at providing short term incentives to corrupt politicians in the countries in the region not sustainable in the long run.

The world we live in always seems to contain wars and conflicts. Just by looking back over 100 years, history is filled with major wars like the two World Wars, the constant scare of escalation of threat during the Cold War and more recently The Afghan and Iraq War. Despite the fact that people always talk about the need for peace, the world is instead filled with fear and constant security threats. The topic of obstacles to cooperation is sharply contested and debatable therefore the best that can be done is to find the closest and most probable answer to the question. This is what the conclusion of this essay will address and also discuss whether the obstacles to cooperation have changed throughout the years.