



Happy 4th of July

*A very special thank you to all of those who are serving
or have served our country--
we salute you!*

*We wish all of you a wonderful Fourth of July and a
speedy and healthy resolution of your conflicts.*



10 Ways That Conflict Can Have Positive Outcomes



1. Conflicts are an opportunity to learn about your spouse, partner, friend, family member, neighbor, coworker or stranger.

Conflicts arising from differing personalities can help you figure out how to problem solve and maybe even work well together in other arenas. Sometimes it is just the vessel it is coming from. I frequently say that my husband Ken could tell me something

and I think "Are you nuts?" My sisters or girlfriends can tell me the *exact same thing*, I think they are "genius." Knowing that the vessel itself creates the conflict makes it much easier to listen "for" the message, not "to" the messenger.

2. Managing conflicts appropriately helps build independence.

Learning how to appropriately deal with conflict relieves you from the bondage of the person and issue. A key management tool is understanding where "neutral" ground is physically. People often pick the exactly wrong place to negotiate, and in the wrong place, very little conflict resolution is likely.

3. Conflict creates an opportunity to be creative and can stretch you to find solutions that are outside of your comfort level.

Constructively addressing conflict encourages you and others to bring new ideas to the table to help solve disputes. It may require (or even force!) you to see something from someone else's perspective. Possibilities become endless.

4. Conflict helps people find common ground.

Although it is easy to get stuck arguing about who did what, to who and why, identifying and confronting these issues often focuses people on thinking differently and finding an alternative and different ways to resolve a problem and find an acceptable solution.

5. Healthy conflicts can often end with a win-win solution.

When someone is able to honestly state his/her opinion, and the listener can really hear and respect the difference in their points of view, the two can often find alternative that work for both of them... and those they come in contact with... though neither may get everything he/she wants.

6. Conflict is an opportunity to open up communication on a difficult subject.

Conflict and confrontation are natural and healthy components of any relationship. There is no right, wrong, good or bad in identifying or causing constructive conflict. Often the issue people think they are in conflict about is not the issue on which they really disagree.

7. Timing the tactful conversation about conflict strengthens relationships.

Confronting conflict increases the openness and honesty and

often the closeness in a relationship. Peace achieved through conflict avoidance is short lived and often dishonest. Setting a good stage for confronting conflict is key. In the No BS Divorce Book, I suggest that spouses in conflict figure out their "time tolerance" for each other; that is the amount of time they can actually speak to each other without the conversation breaking down. It might be five minutes, it might be one hour. If they go one minute past their time tolerance, this frequently undoes the good things accomplished in the first 5 to 30.

8. Managing conflict by dealing with it is more efficient than letting conflicts fester.

Getting right to the disputed issue at hand resolves issues quicker and shortens the emotional time dwelling on the subject.

9. Conflict teaches people about their negotiation styles and what works and what doesn't.

Understanding your negotiation style often requires an assessment of your conflict resolutions style. How you react to different points of view, spiritual differences, different emotional responses during times of stress and conflict can help you take on other conflicts whether they be at home, at the work place or in a social setting. Knowing that you may have more challenges if you are hungry, angry, lonely, tired or even sick, is valuable information as you will assess conflict. Delaying, not avoiding, the discussion until a time that you are better equipped to resolve the issue may result in a better communication style.

Happy 4th of July to you and your families!

Best Wishes,

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Forever in our hearts...In Loving Memory



June 25, 2015

My husband, ***Kenneth Duffield***, loved golf and he loved The Glen Ellyn Village Links. He spent countless hours playing there with friends and family. He once got a hole-in-one there, He would report he and "the guys" solved many conflicts there. In celebration of the one year anniversary of his passing, we honor him by raising awareness of the Village Links Ed Posh Scholarship Fund.

To donate in memory of Ken, or get more information about the scholarship fund, click [here](#)!



Sunday, July 3, 2016

August 28, 2016

Friday, March 17, 2017

Midwest Shelter for Homeless Veterans Fundraiser

Midwest Shelter for Homeless Veterans Golf Outing & Texas BBQ

DuPage County Bar Association's St. Patrick's Day Luncheon

Chipotle Mexican Grill
2119 W. Roosevelt Rd
Wheaton, IL 60187
Starts at 5:00 PM
Ends at 9:00 PM

Klein Creek Golf Club
1N333 Pleasant Hill Rd
Winfield, IL 60190
Starts at 1:00 PM

Save the 2017 Date!

Be sure to mention that you are there to support MSHV and 50% of the proceeds earned that night will be donated to the shelter!

If you would like to sponsor a hole, please contact Lynn Rowe at (630) 871-8387. If you would like to donate raffle gifts, please reply to this email!

More information to come as we get closer to the event, but it is never too early to put it on your calendar!



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