

## Happy Independence Day!

*We celebrate July 4 as the day that represents the Declaration of Independence and the birth of the United States of America as an independent nation. A special thank you to all those who have served or currently serve in support of that independence!*



The prospect of conflict makes most people nervous. But conflict can also be a source of growth and have a positive impact on our lives.

### **Positive Outcomes of Conflict:**

*Conflict presents an opportunity to open communication on a difficult subject.* Conflict and confrontation are natural and healthy components of any relationship. People often discover the issue they think they are in conflict about is not really the source of their disagreement.

*Conflict creates opportunity.* Addressing conflict constructively helps you and others think creatively, solve disputes, and see the situation from another person's point of view.

*Addressing conflict in a timely manner is less destructive.* Dealing with conflict in an immediate or sometimes not immediate way helps resolve issues more effectively and reduces the damage that can occur when

### **City of Wheaton Independence Day Celebration**

**July 3, 2018**

Graf Park  
Carnival & Entertainment  
Fireworks at Dusk

**July 4, 2018**

Annual 4th of July Parade  
North Main Street to Wheaton  
City Hall  
10:00 am start

*For more information, visit:*  
[Wheaton Park District](#)

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### **DCBA Leadership Day**

**July 19, 2018**

Main Event- Warrenville  
28248 Diehl Rd.  
Warrenville, IL 60555

conflict is allowed to fester beyond a healthy timeline.

***Conflict teaches people about their own negotiation styles and abilities.*** How you react to different points of view can be affected by outside circumstances that don't necessarily relate to the conflict at hand. It's important to recognize challenges that can impact your conflict resolution styles. Are you **Hungry, Angry, Lonely or Tired?** Then it's time to **HALT** and reassess your reaction and approach. The same is true if you're sick - you may be better off delaying (not avoiding) a discussion until you're better equipped to resolve the issue.

***Conflicts are a natural opportunity to learn about the people around you: your spouse, significant other, friend, family member, neighbor, or co-worker.*** The conflict inherent with differing personalities can present a great learning opportunity. Sometimes, we receive the same message in a completely different way when it comes from a different person. Recognizing the potential for conflict helps us learn to listen ***for*** the message, and not just ***to*** the messenger.

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***The Law Office of Brigid A. Duffield, P.C. wishes you a happy, healthy, safe and conflict-free Independence Day!***

**Brigid A. Duffield**

Attorney/Mediator/Speaker/Author

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