

The holiday season is approaching quickly! This is a time of giving thanks for the people and the relationships in life that bring us joy. The holidays can also be a time of family feuds, especially for families in transition. It's easy to fall into old patterns and relationship traps, which can lead to disagreements and arguments.

Remember, the holidays are about family and the kids. Make decisions based on what's best for them, and use your best positive attitude and conflict resolution skills for all the rest. Remember, there's always something to be thankful for!



Tips for Keeping the Peace This Holiday Season

1) **LLL: Listen Listen Listen.** Often we increase conflict by talking and restating our positions. Stop, and listen to what the other person is saying. What you thought you heard may not be what they said...especially when you know *exactly* what you thought they were going to say!

2) **WAIT.** Why am I talking???? Some people speak before they think. Ask yourself...why am I talking ???

3) **Mind 'The 3 C's'.** Keep it *Calm*, *Considerate*, and *Constructive*. Identify your "hot button" issues in advance, so that you're better able to stay *calm* and not just react. People you encounter frequently want to be heard and believe their voice and perspective matters. Listen to what's said with the goal of understanding. Not only is it *considerate* to do so, it's also aids in communication. Keep your comments *constructive*. This isn't the time to rehash old hurts and past offenses. Stay positive, and keep it relevant to the topic and discussion at hand.

4. **Keep Conflict Away From the Holiday Table.** A holiday gathering can be a breeding ground for conflict, whether it's new issues or old ones that are unresolved. Add the "Big 3" controversial subjects to the mix, and conflict is guaranteed. The "Big 3"? Politics, religion, and money. A good rule of thumb is to make the dinner table a conflict-free zone, and keep those controversial subjects away from the dinner table, perhaps outside on the porch!

November 22-23, 2018
Thanksgiving Holiday
County offices closed

December 11, 2018
**DuPage Association of
Women Lawyers (DAWL)
Holiday Party**

Reserve 22 @
Village Links of Glen Ellyn
5:30 pm-8:30 pm

Contact:
Jennifer Nolan
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815-600-8950

5 . Control Your Actions...and Let the Rest Go.
Remember that while you can't necessarily control what happens, you can control your response. Many of us love to be right, and even more when others acknowledge that we're right. When there's conflict, and others believe we are wrong, it's important to keep a healthy supply of grace and humility. Your peace of mind is much more important - and valuable - than being 'right'....even if you are!



"A thankful heart is not only the greatest virtue but the parent of all virtues." -- Cicero

The Law Office of Brigid A. Duffield, P.C. wishes you a happy, productive, and conflict-free Thanksgiving!

Brigid A. Duffield

Attorney/Mediator/Speaker/Author

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