

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!

We wish you all a wonderful Fourth of July and a peaceful resolution of your conflicts, big and small!

In 1776, the Independence Day holiday was born out of the conflict between the American colonies and the rule of Great Britain. One thing hasn't changed: the prospect of conflict still makes most people nervous! Yet, conflict can be a source of growth and have a positive impact on our lives as well as expanding our belief systems, whether they be political, religious or personal.

Positive Outcomes of Conflict Include:

Conflict can open communication on a difficult subject. Conflict and confrontation are natural and healthy components of any relationship. But, when they run riot or are unhealthy, the behaviors can be destructive. However, when handled in a healthy and respectful manner, conflict can shed new light on an old idea. When faced with the need to communicate on a difficult subject, people often discover that if they remain calm in the midst of a brewing storm, positive outcomes can be achieved.

Conflict creates opportunity. Addressing conflict constructively expands thoughts, creative juices start to flow, and disputes are often resolved. It can be empowering to see the situation from another person's point of view, a new set of glasses if you will....

Addressing conflict in a timely manner creates the possibility that it will be 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 conflict is allowed to fester

Wheaton Independence Day Celebration

July 3, 2019

Graf Park
Carnival & Entertainment
Fireworks at Dusk

July 4, 2019

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

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

DCBA Golf Outing August 22, 2019

Cantigny Golf Course
27W 270 Mack Road
Wheaton

12 Noon: Lunch/Registration
1:00 pm: Shotgun Start
6:00 pm: Cocktails & Dinner
Buffet
7:30 pm: Raffle Drawings &
Awards

*Contact
Robert Rupp*

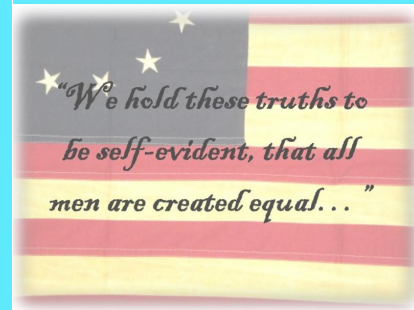
beyond a healthy timeline. The longer it simmers, the hotter it gets.

rrupp@dcb.org
630-653-7779

Conflict teaches people about their own negotiation styles and abilities. Left unattended, conflict seeps out in destructive ways, in areas and to the wrong person. Lashing out at an easy target can become an improper response to a situation where one feels unheard or powerless. Untreated conflict can affect other situations and circumstances that don't relate to the initial conflict. Recognizing challenges that can impact your conflict resolution styles will minimize the damage that unhealthy conflict styles.. For instance, 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. And of course, consider the question is this the time? A good default is to **WAIT** and discern...Wh y Am I Talking.

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.

Finally, conflict creates the opportunity for change and most of us are change resistant. But if we step back and analyze the good which comes out of conflict, we will be amazed at how much we have benefited from it.



"The harder the conflict, the more glorious the triumph." ~ Thomas Paine

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
The Law Office of Brigid A. Duffield, P.C.
[630.221.9300](tel:630.221.9300)
brigid@brigidduffield.com
www.brigidduffield.com

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