



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 generate conflict and anxiety, especially for families in transition. It's easy to fall into old patterns and relationship traps, which can lead to disagreements and drama that are not good for anyone. Here are some of our favorite tips for keeping the peace during this holiday season. Remember: there's usually at least 1 thing to be thankful for!

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***Print This Page & Clip These Quick Tips for Keeping the Peace This Holiday Season!***

- **Set Boundaries:** "No" is a complete sentence. And "No, thank you" is a polite complete sentence - no further explanation is needed!
- **SSS:** Stand back, Shut up, and Smile! (Sooo tried and true!)
- **Avoid the 3 C's:** Criticism, Complaints, and Condemnation. Don't try to fight every fight; don't try to win every argument.
- **Practice Your One-Liners:** (No, not jokes!) Try out these statements to deflect negative comments: "Perhaps you're right", or "I need to wait on this until I have more information."
- **Excuse Yourself:** If you find yourself biting your tongue, walk away. Just leave...go for a walk. You'll be amazed at how few people will miss you (and how much better you'll feel!)

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***More Tips for  
This Holiday Season***

1) **Put Your Children First.** If you don't have your holiday parenting schedule worked out yet, now is the time to do so. In addition to making the plans in advance with your partner, your ex (or soon-to-be ex), let your kids know where they'll be. This will help reduce their anxiety. Behave like an adult...if you can. Stay businesslike and keep your cool with the other parent. Avoid bickering and negative comments about the other parent..even if you think they are true. Condition third parties, grandparents, aunts, uncles, friends, new spouses and others who are in your circle to be aware that negative comments hurts the children. Kids want peace and harmony, so make your best efforts to provide this for them.

2) **Go Easy on the Alcohol!** It's a celebration...It's the Holiday...It's a perfect time for a cocktail! Alcohol is definitely an inhibitor releaser. The thoughts you've been keeping (wisely and sanely) to yourself may explode at the worst possible time if you have had

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**UPCOMING EVENTS**

***Through November 21  
Lawyers Lending a Hand  
Coat Drive***

Take this opportunity to clean out your closets of clean, gently used coats and other winter wear to help families in need. Our annual Coat Drive will culminate at 5:00 pm, on Thursday, November 21, at the DCBA Bar Center where we will sort and bag all coats and other winter wear collected for distribution by various non-profit organizations around the county.

**Deliver donations to:**

DuPage County Bar  
Association  
126 S. County Farm Rd  
Wheaton, IL

enough to relax your inhibitions. Moderate or Abstain as you see fit for the particularly situation. Non-alcoholic options are great!

3 ) **Practice Empathy...and Don't Engage.**

Everybody or almost everybody has holiday challenges. Not enough time, not enough money to enjoy the holiday, too many people! Family members and especially ex's know exactly which of your hot buttons exist and they know how and when to push them to get under your skin and to leave you acting as less than your best self. Our instinct to confront immediately is automatic. Instead, practice the pause and if you are inclined, one of our favorite tips is Pause, Pray and Proceed. Bring a healthy dose of empathy and compassion to the situation.

4. **Make the Holiday Table a Conflict-Free Zone.**

Holiday gatherings can be a breeding ground for conflict, whether it's new issues or old ones that are unresolved. Add the "Big 3" of politics, religion, and money to the mix, and conflict and polarization are the guaranteed outcome. Keep the controversial subjects away from the dinner table - reserve them for a more appropriate time like next year or 10 years from now!

5. **"Life is 10% What Happens to You...and 90% How You React."**

This Charles Swindol quote is spot-on. Feelings are Feelings. They come, they go. Those feelings don't need to define how you respond. Appreciate your feelings and then move on. Express gratitude for the good things in your life. Developing your ability to be grateful and react sanely models the best possible behavior for those around you - especially your children.



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**Thanksgiving Holiday**

November 28-29, 2019  
DuPage County Courts Closed

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**December 5-7, 2019**

**ISBA Midyear Meeting**

Westin O'Hare  
6100 River Rd.  
Rosemont, IL

For more information & to register, visit:  
[isba.org/jointmeeting](http://isba.org/jointmeeting)

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**December 12, 2019**

**DCBA / DAWL /**

**Justinians Inaugural  
Grand Holiday Gala**

Harry Carey's-Lombard  
70 Yorktown Center  
Lombard, IL  
5:30 pm-9:00 pm

**Contact:**

Robert Rupp  
[rrupp@dcba.org](mailto:rrupp@dcba.org)  
630-653-7779

*"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving." - W.T. Purkiser*

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

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