

It's February 2021. My "retreat and reset" in January was great and I am grateful to have taken that time. Someone told me and I repeated often, COVID was God's way of saying "Go to your room and think about what you did, are doing, will be doing"...A universal "time out", if you will.

Part of my plan, and what I had hoped, was that I would bang out the projects that I couldn't do when COVID started. The ones I was jealous everyone else was doing: purging, cleaning, painting etc. But instead, I slept, and slept and slept.

During my COVID Quiet Time and recovery, I recounted many times how grateful I am for all of you who have helped me and who I helped over the 37 years of law practice. We are all growing and in transition. I will continue to do what I love, helping families navigate painful and difficult challenges. So for this Valentine's Day, I send you Love and Best Wishes for a Bright and Joy-Filled 2021!



Valentine's Day is this weekend! For the past almost 11 months, our ability to tolerate confinement has been stretched to its limit...even more so if your relationship with your partner was difficult or in conflict to begin with. These tips may help you navigate relationships, conflict and decision making through Valentine's Day and beyond:

**1) Don't make any rash decisions.** Many of us have been faced with insecurity and outside pressures, whether work, financial, parenting or other. When you're not sure where life is taking you, it may not be a good time to make a major decision such as filing for divorce, making a move or taking a new job.. Consulting a professional, a marriage counselor can provide guidance, new insights and a strategy, whether ultimately it is putting the pieces back together or planning an exit strategy.

**2) Respect others space and schedule.** Working from home or not, carving out a separate space for yourself for both work time and non-work time may help keep the lid on emotions. Sharing information such as your schedule and your needs is important to minimizing conflict even if the first conversation is a hard one or if

## Upcoming Events

**February 12, 2021**

**Lincoln's Birthday**  
Courts Closed

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**February 14, 2021**

**(Sunday)**  
**Valentine's Day**

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**February 15, 2021**

**Washington's Birthday**  
Courts Closed

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**February 20, 2021**

**10th Annual DuPage Open**  
Virtual "Doors" Open 6:30 pm  
Virtual Speakers begin 7:30 pm  
Zoom Login ID 826 2883 9805

**For more information:**  
[dupagecountyopen@gmail.com](mailto:dupagecountyopen@gmail.com)

communication breaks down.

**3) Kindness is Key.** Your inner dialogue and the things you tell yourself may begin a negative chant that takes on a life of its own and will not be repressed when you talk to your partner, children or coworkers. Ask yourself the question "Would I talk to a friend that way?", or "How would I react if someone talked to me that way?" However, clarity in the moment doesn't always translate into good behavior. I wish I could always stop myself when my brain is saying, "Why are you talking?", but my mouth just keeps going. I just wish I would remember, if I can't say something nice/kind, then don't say anything!

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***Here are some Valentine Suggestions!***

1. Write and have your children write a Valentine Letter to your parents, their grandparents, all of them maternal & paternal...whether you like them or not, the children do.
2. Model love for your children, whether it's the traditional hug or a new tradition of air hugs. What you model, they will do.
3. Dip EVERYTHING in chocolate!

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***March 11, 2021***  
***A Celtic Celebration***  
Virtual Unwind via Zoom  
5:30-6:30 pm

Join us on a virtual adventure to  
Ireland!

**Questions:**  
Robert Rupp  
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***"Love is a Fire, but whether it is going to warm your heart or burn your house down,  
you can never tell." -- Joan Crawford***

***"Real Love is withholding the truth, even when you are offered the perfect  
opportunity to hurt someone's feelings." -- David Sedaris***

***The Law Office of Brigid A. Duffield, P.C. wishes you a Happy  
Valentine's Day and a peaceful and combat-free resolution to all  
your conflicts!***

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