

THE LAW OFFICE OF  
*Brigid A. Duffield* P.C.  
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*The celebration of the 4th of July as a holiday memorializes the signing of the Declaration of Independence and the birth of the United States of America as an independent nation.*

*The Law Office of Brigid A. Duffield, P.C. offers a very special Thank You to all those who serve or have served our country in support of that independence!*

*We wish you all a happy, healthy and safe Fourth of July and a speedy resolution to any conflicts you encounter, whether big or small.*



**Conflict.** Some people love it and the drama that can accompany it...but most of us do not. It is important to remember that conflict CAN have a positive impact and positive outcomes. Examples include:

*1. Dealing with conflict in a timely fashion is healthier and more effective than letting the conflict fester.* While you may want to

*Upcoming Events*

*Saturday, July 3*  
Independence Day Fireworks  
Wheaton  
Dusk (9:00 pm approx.)

Graf Park  
1855 Manchester Rd.  
Wheaton

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avoid "rocking the boat", unresolved conflict increases frustration and feelings of isolation and anger. Conflict avoidance reduces the potential for direct and honest communication with another person.

**2. *Managing conflict appropriately helps build independence.*** Learning how to appropriately manage conflict relieves you of the bondage of the issue and the dispute and the person involved. When you focus on the issue at hand without it having to become a personal attack or an indictment of someone else's behavior or opinion, resolution is likely.

**3. *Conflict creates opportunity.*** Disagreements can lead to deeper understanding of the people around us. That understanding can make it easier for us to connect to those people, whether friends, partners or co-workers.

**4. *Conflict teaches people about their own negotiation styles and also how to effectively negotiate with others.*** The "win-lose" mindset is deeply ingrained in us, especially when it comes to conflict. Make the effort to work together with the other person to find a "win-win" solution that meets the needs of both parties. This demands open-mindedness, willingness, growth and change on both sides, which benefits everyone.

**5. *Conflict beats stagnation.*** Avoiding conflict can avoid change...and avoiding change, even in the best situation, can set the stage for failure. Opening communication, raising questions, and encouraging new and creative ways of thinking beat stagnation and a tendency to rely upon the "status quo".

**Sunday, July 4**  
**Independence Day**

**Independence Day Parade**  
**Wheaton**  
Kicks off @ Main &  
Hawthorne 11:00 am  
Concludes @ Memorial Park

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**Monday, July 5**  
**Independence Day Observed**  
DuPage County Courts closed

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**July 8**  
DuPage Association of Women  
Lawyers  
**Judicial Reception**  
5:30-8:30  
Reserve 22  
The Links, Glen Ellyn  
Info and RSVP  
Angela Iaria  
630-571-1900

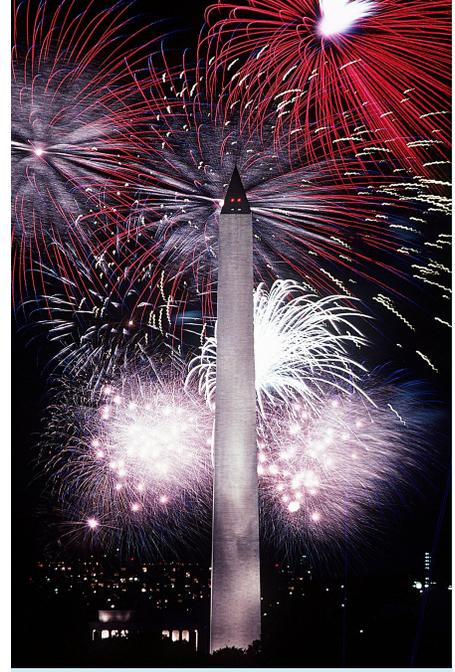
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**Wednesday, August 25**  
**DCBA Golf Outing**  
12:00 noon - 7:30 pm

Naperville Country Club  
25W570 Chicago Avenue  
Naperville, IL

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

**Save the Date**  
**September 19 - 20, 2021**  
Tumbleweed Conference  
New Mexico  
Info to Follow



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*"We must be free not because we claim freedom, but because we practice it."*  
William Faulkner

***The Law Office of Brigid A. Duffield, P.C. wishes a safe, happy and healthy Independence Day to one and all!***

**Brigid A. Duffield**

Attorney/Mediator/Speaker/Author

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