

the army girl's guide

to dealing with conflict

Whether at home or at work, conflict is something we all encounter. At times the conflict may be simple and other times serious; it can be rare or regular. As a family law attorney and military lawyer, I have the opportunity to deal with conflict on a pretty consistent basis. All the years I have spent as a soldier in the military responding to various conflicts inadvertently prepared me for my current line of work- helping families survive through marital and parental issues. Sometimes the best way to resolve conflict is to avoid conflict. But if you can't avoid it, here's the Army Girl's way of dealing with conflict.

evaluate your enemy

In order to effectively deal with the enemy, we have to know the enemy. Knowing the enemy means recognizing and understanding the strengths and weaknesses of the person on the other side. Each person is different and each person has their own set of triggers and sensitivities. What is offensive and unforgiving to one person may be expected and accepted



from another. Recognizing others' limits will prevent us from crossing boundaries we shouldn't overstep. Regardless of their offenses, the military requires that all enemies be treated with dignity and respect.

take inventory of your arsenal

To adequately prepare for battle, we have to assess what weapons we have in our arsenal. Acknowledging who we are and what armor we carry is essential to successfully resolving conflict and hopefully to avoid future conflict. We have to be true to ourselves and take accountability of our actions. If we have a tendency to speak now and regret later, we must address and learn to overcome these tendencies.

recognize there will be casualties

Unfortunately with war, there are almost always casualties. Collateral damage is unavoidable. During conflict, we can hurt others with our actions as well as our words. Words, once said, cannot be taken back. Keep in mind, it's often the emotional injuries that create the deepest scars. The best course of action is to limit the number and severity to the casualties.

protect the innocent

In whatever role we undertake, whether it be as soldiers or parents or just good people, we are tasked with protecting those who cannot protect themselves. Often innocent bystanders can be exposed and pulled into our conflict unintentionally. It's not always feasible to avoid or remove the conflict to an alternate location. However, issues can be tailored or tabled to protect those who have no interest in the conflict.

We can't always avoid conflict, but we should recognize what we can do to minimize the inevitable damage that can be caused from conflict.



CRIMINAL LAW ATTORNEY

LAW OFFICE OF AMANDA SALCIDO

PRACTICE AREAS

- **Criminal Defense**, leveraging clearly established strengths in DUI defense and protection of clients' rights and futures when charged with other serious crimes such as aggravated assault with a motor vehicle, drug possession or theft.
- **Juvenile Defense**, taking a compassionate and constructive approach to helping young people overcome arrests for alcohol-related offenses, drug charges, and theft offenses such as shoplifting.
- **Divorce and Family Law**, with emphasis on efficient, affordable resolution of key issues through settlement negotiations or mediation.

LAW OFFICE OF AMANDA SALCIDO

206 EASTON DRIVE

SUITE 206

LAKELAND, FL 33803

863-266-4122



Meet the Lawyer

Amanda Salcido is an attorney practicing in family, juvenile, dependency, military and criminal law. MAJ Salcido is currently serving as a member of the United States Army JAG Corps.

Law Office of
Amanda Salcido
480-299-9969
salcidolawoffice.com