

## A MESSAGE OF HOPE, BELIEF AND GRATITUDE

I am a trial lawyer just like you. I have been a trial lawyer, both criminal and civil, for 40 years. I understand what you are going through during these trying times. I have written this message to let you know that all of us are dealing with similar feelings, and for some of us it has been especially hard. When I say we are all feeling similar pain, this is what the pain currently means to me:

**Control** - I have never met a lawyer that does not want to feel in control. We love to know exactly what is currently happening, what is coming, and what we need to do to prepare and control the situation. Covid feels like a daily dose of “out of control” that we cannot do anything about. We are uncertain about when the courts will reopen or when life will get back to normal. As far as we know there may never be a normal again. I personally am still looking for that definition of the “new normal.”

**Change** - As trial lawyers we like to feel in charge and in control of the changes that occur. We know that change is constant and everyone handles change differently. Some folks were just blessed with positive mindsets that allow for any change in their life to be adjusted to easily. But, as trial lawyers not knowing what change is coming from day to day, week to week, or even from year to year can leave us all feeling extremely anxious and fearful of the unknown.

**Fear** - Commons fears that trial lawyers experience can range from losing a lawsuit to the fear of change occurring within their law firm. My friend Joseph Low is a talented trial lawyer and is a great teacher on how to deal with fear. He has used his training with Gerry Spece to develop the ability to put his fears into feelings. This adjustment has made him more human and more vulnerable which has enhanced his skills as a trial lawyer. My personal definition of fear is not knowing whether things will be different next week, next month or even next year. My sympathies go to the law firms that feel like they cannot operate unless their cases can move forward.

**Believe** - I would like to think that us lawyers are born optimists, otherwise we must adjust to become one extremely fast. Even when things go wrong, a great trial lawyer has the ability to keep a good attitude and forge ahead. The best lawyers are the leaders and they lead with a positive attitude so that their firms and employees are more optimistic.

I've never been more proud of being a trial lawyer than I am right now. When you practice gratitude for what you have and what you have been able to accomplish, the world seems like an easier place to live in. Us trial lawyers do not give up hope in our cases or on our clients and this has made us in my opinion a part of one of the strongest professions on this earth. Our attitudes and beliefs will pull us through this Covid pandemic. In my heart I believe that I will see everyone next January at the Trial Lawyers Summit in Miami, FL.

Please stay safe and stay connected.



With gratitude,



**Lisa Blue**  
**NTL President**