

# MLG BRIEFS

DECEMBER 2020

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LAW GROUP

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## Dealing With Rage When Someone Else Causes Your Serious Injury

We all know that accidents just happen. Indeed, Centers for Disease Control statistics show that U.S. accidents happen in enormous numbers, where every year:

- About forty million visit their doctor's office for unintentional injury;
- About thirty million go to the emergency room for unintentional injury;
- About 167,000 die from unintentional injury;
- About 62,000 die from unintentional poisoning; and
- About 38,000 die in unintentional motor-vehicle accidents

Yet knowing how common accidents are, doesn't make them any easier with which to deal personally. And accidents are one thing, but to suffer serious injury because of another's

carelessness is a very different problem. Getting angry is senseless when an accident has complex natural causes. But we rightly fill with anger, even rage, when someone does other than they should have done with our own safety. Every society follows the Golden Rule to do to others as you'd have them do for yourself. When another breaks the Golden Rule at your cost, you naturally feel right to be angry.

### Getting a Grip

Rage, though, hurts no one worse than the one who feels it. To recover from a serious-injury accident requires more than healing bones. It requires healing the figurative heart, which is to find peace of mind and calm emotions.

One approach well-meaning friends sometimes recommend for anger is to ignore it or perhaps to get over it. And true:

(Continued on next page)

# Finish 2020 strong

December is normally the most crazy and fun part of the year.... Normally. This year is anything but normal. While we have adjusted to working around and through a pandemic all of the constant changing and adjusting can get downright exhausting. When normal family demands become abnormal, it is really important to take care of yourself. The most important thing to remember about self-care is to realize what exactly it is that gives you peace and gives you energy. Some people need connection with others. A game night, even virtually, can revive some people and brighten their outlook. For others, this very same activity might actually make things worse, not better. As part of an effort to better know myself so I could be a better father, husband, lawyer and boss, I took a DISC profile. It turns out that I was off the charts D and a little bit high C. This meant that I am off the scale high on the Dominance scale (big surprise for a trial lawyer) and high on the Conscientiousness scale. The test indicates that when I need to unwind and recharge hard physical activity helps high D's and being alone or with very few people helps high C's. I always wondered why I felt better after a day metal detecting or digging arrowheads out in the woods alone or almost alone. Turns out activities like these checked both boxes on my personality type.

If you are feeling frustrated and unable to unwind, especially in these times, it may help to figure out what your personality type is so you can regularly schedule activities or time doing things that works for you... then do them. Keeping yourself mentally healthy and motivated in these times is more important than ever. Treat your own mental health like we are told to treat a depressurization event in an airplane. Put your mask on first, then you can help those around you.

Be safe and careful out there, and finish 2020 strong.

~ Lin McCraw



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carelessness, or negligence, as the law calls it, doesn't mean that the wrongdoer hated anyone. Negligence isn't desiring anyone's harm. It's just not caring as much as one should about another's harm. But that's precisely the problem: the wrongdoer didn't care, which is bad enough. And when the not caring was something like going 80 miles per hour in a 55 zone, or driving drugged and

drunk, then the rage rightly returns. Ignoring it does little good.

A better approach mental-health professionals sometimes recommend for anger issues is to deal with it, process it, maybe share it. The American Psychological Association recommends these steps for dealing with rage:

- Breathe deep from your diaphragm;
- Repeat a calming word or phrase;
- Visualize or imagine a relaxing experience;
- Use logic to change the way you think;
- Communicate better what you think;
- Use silly humor;
- Make some personal time; and
- Ease up on yourself.

## Taking Action

Lawyers, though, have yet another approach, one that for some is clearly the better, indeed the best, course. While

talking about loss and using mind-easing strategies can help, true recovery from profound loss often takes meaningful action. No, the law doesn't authorize vengeance or retribution. Law today isn't an eye for an eye, and a tooth for a tooth. Two wrongs don't make a right, and two harms don't make a healing. But the victim's civil tort action against the wrongdoer calls the wrongdoer and their insurer to full account.

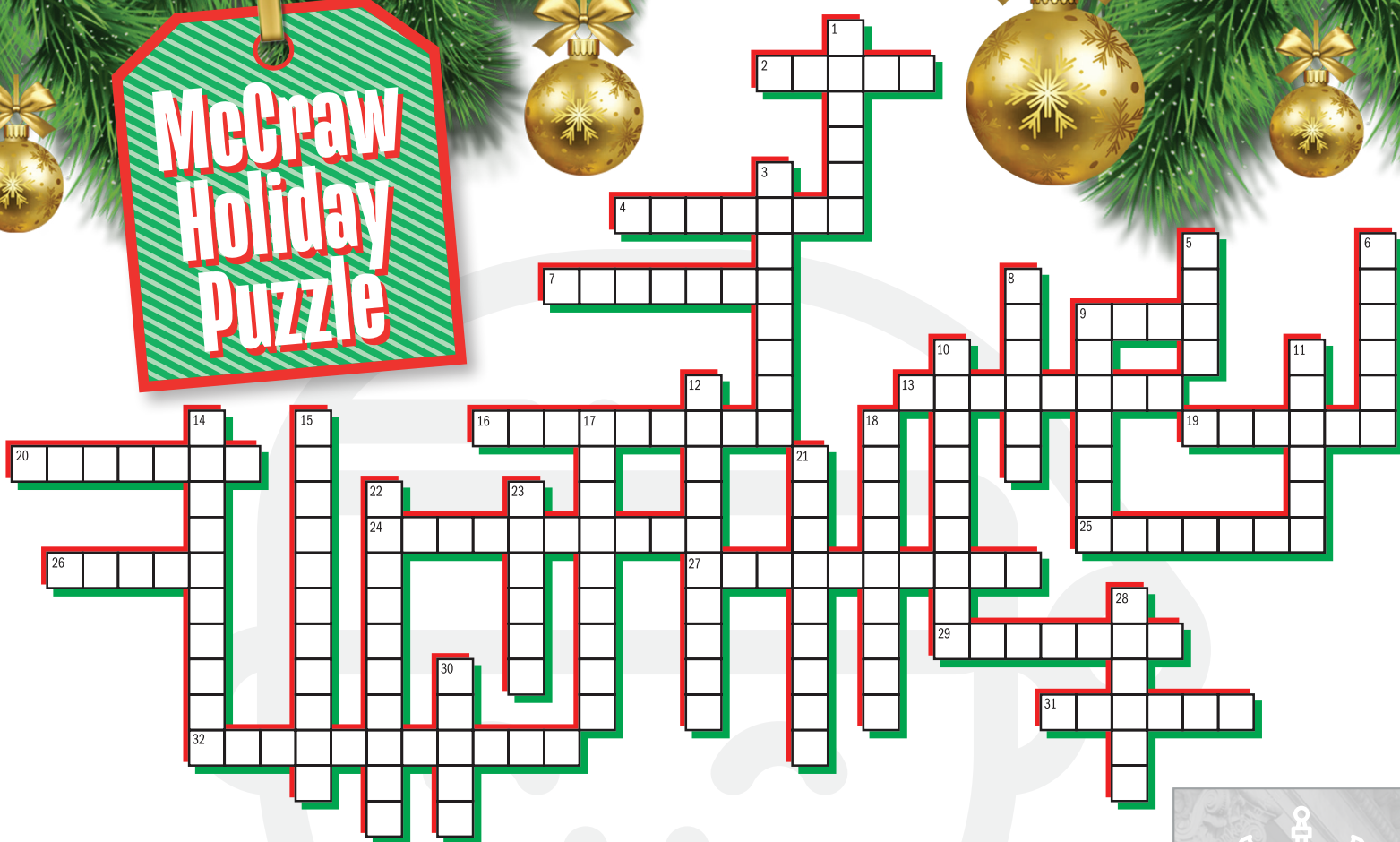
Pursuing a negligence claim is genuine, satisfying action, rather than mere talk. The victim's lawyer representative can force the wrongdoer to appear and answer the hard questions. For the first time, the victim has the upper hand. And in proving a negligence case, the victim may recover a substantial monetary award with which the victim can do other justice, like pay medical bills, replace lost wages, put food on the table, and keep a roof over the family's head. That meaningful relief is exactly what the civil justice system is all about: responsibility and redemption for the wrongdoer, and genuine recovery for the wronged.

## Getting Effective Help

The McGraw Law Group's experienced and compassionate lawyers have walked clients through horrible losses and injuries. They know why those who suffer serious injury from the carelessness of another feel rage, and they know how to help victims move actively forward to financial and emotional recovery through aggressive enforcement of their full rights. Call (972) 854-7900 at any time of day or night, weekday or weekend, or go online, for a free consultation. Act, rather than ruminate. Get over it in the best of ways.



# McCraw Holiday Puzzle



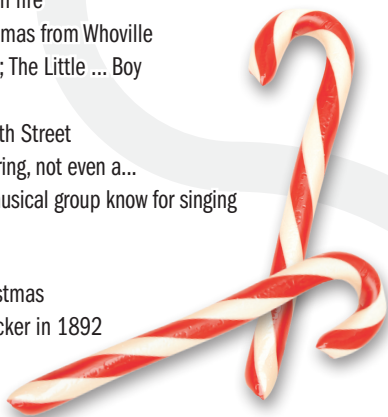
If solving crossword puzzles jingles your bells, then grab a pen & get to ringing!

## ACROSS

- 2 In "It's A Wonderful Life", every time a bell rings an angel gets it's...
- 4 Delicious home baked treats that can be iced with frosting
- 7 Reindeer with the red nose
- 9 Santa Claus is coming to...
- 13 What gets unwrapped on Christmas morning
- 16 Roast these on an open fire
- 19 He tried to steal Christmas from Whoville
- 20 Pa rum pum pum pum; The Little ... Boy
- 24 A Christmas Ballet
- 25 What happened on 34th Street
- 26 Not a creature was stirring, not even a...
- 27 A popular a cappella musical group know for singing Christmas carols
- 29 He hates Christmas
- 31 In what season is Christmas
- 32 Composed The Nutcracker in 1892

## DOWN

- 1 A popular Christmas carol: "... We Have Heard On High"
- 3 Another name for Santa: Saint ...
- 5 New Year's Eve song "Auld Lang ..."
- 6 Reindeer pull it, Santa fills it with toys & pilots it
- 8 Our favorite snowman
- 9 In A Christmas Carol, he says, "God bless us everyone"
- 10 Decorations for your Christmas tree
- 11 A cylinder or block of wax with a wick you light to produce light
- 12 Visions of these danced in their heads on The Night Before Christmas
- 14 Popular candy cane flavor
- 15 Man-shaped cookies & miniature houses are made of this
- 17 Hung by the chimney with care
- 18 A seasonal baked good full of candied or dried fruit, nuts & spices
- 21 If you stand under this, you might get kissed
- 22 Ice crystals that fall from the sky
- 23 A circular holiday decoration made of evergreens and decorations
- 28 A tasty holiday drink for adults
- 30 Santa's helpers



## Talkin' about McCraw:

*"I owe my deepest gratitude to all of the folks at McCraw Law Group. I was in bad shape after my accident, and from the first moment I knew that I was in good hands. My case was handled with great care and professionalism from the first day when I received my prescriptions at my front door (!!!), throughout the process (I was never left wondering), all the way through to the very end when I received my settlement promptly. I cannot say enough good things about every single person in the office, and the lasting impression is they are serious and they CARE!!! Thank you!!!" ~ Rhonda S.*



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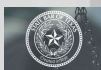
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## 2020 McCraw Scholarship Recipient

We are proud to announce our 2020 scholarship winner, **Shelby Landoll!**

Shelby Landoll was born and raised in Columbus, Ohio. She currently resides on the outskirts of Columbus with her husband who is a first responder and their energetic four-year-old son. She has been a registered nurse for ten years and feels fortunate to have had the opportunity to fulfill a variety of different roles throughout her career. She is currently pursuing a Doctor of Nursing Practice degree in Health Systems Executive Leadership. She hopes to one day erase the inequities and disparities facing our current healthcare system.



*"I cannot overstate my gratitude and appreciation for The McCraw Law Group for providing me with this amazing scholarship opportunity. This scholarship has allowed me to continue my dreams of making our healthcare system, and our nation, a better place for everyone. It means the world to me to be able to continue on the path towards achieving my goals, and this scholarship will help me to do just that. Thank you, from the bottom of my heart!"*  
~ Shelby Landoll

Answers to McCrawWord: ACROSS: 2-Wings; 4-Cookies; 7-Rudolph; 9-Town; 13-Presents; 16-Chestnuts; 19-Grinch; 20-Drummer; 24-Nutcracker; 25-Miracle; 26-Mouse; 27-Pentatonix; 29-Scrooge; 31-Winter; 32-Tchikovsky. DOWN: 1-Angels; 3-Nicholas; 5-Syde; 6-Sleigh; 8-Frosty; 9-Tiny Tim; 10-Ornaments; 11-Candle; 12-Sugar Plums; 14-Peppermint; 15-Gingerbread; 17-Stockings; 18-Fruitcake; 21-Mistletoe; 22-Snowflakes; 23-Wreath; 28-Eggnog; 30-Elves