

## Fair Fighting Rules

1. Be specific.
2. Don't just complain, ask for a reasonable change that will relieve the gripe.
3. As for and give feedback of the major points. Make sure the other person understands what is said.
4. Focus on one issue at a time.
5. Do not be intolerant. Be open to your feelings and those of the other person.
6. Always consider compromise.
7. Do not allow counter-demands to enter the picture until the original demands are clearly understood.
8. Never assume that you know what the other person is thinking until you have talked about it.
9. Do not correct the other person's statement about their own feelings.
10. Never put labels on the other person. Do not use name calling or personal attacks.
11. Sarcasm is dirty fighting.
12. Offer directions about the type of communication and response you need.
13. Hurts, grievances and irritations should be brought up at the very earliest moment.
14. Do not overload the other person with grievances. Take time to mediate and give your feelings time to clarify into productive negotiations and requests.
15. Allow time for each person to think about the requests and needs of the others.
16. Remember that there is never a single winner in a honest intimate fight.

Based on original content from, "Pairing," by Dr. George R. Back and Ronald M. Deutsch