



Rules of “Fighting Fairly”

1. Address only **one issue at a time** – Do not bring up what happened last week, last year, etc.
2. Set aside a **fair time** to resolve the conflict. (For example it is not fair to fight when one person is trying to get ready for work)
3. Pick a **fair location** – Avoid public places or fighting in front of others who may take sides while not knowing the whole story
4. Work toward **problem solving**:
 - Identify the problem
 - Focus on the problem
 - Identify and discuss options for **solving** the problem
 - Attack the problem not the person!
5. **One person talks at a time** – Actively listen with an open mind, treat a person’s feelings with respect.
6. Take responsibility for your actions. Remember there are consequences for one’s actions.
7. Both parties agree (No matter how angry they get!) **NOT** to use Dirty Tactics or Manipulation which would include no:
 - Blaming
 - Name calling
 - Threats
 - Put Downs
 - Ignoring
 - Getting Even
 - Spite
 - Not taking responsibility
 - Aggression/Violence
 - Sabotage
 - Guilt trips
 - Dishonesty

The Mutual Goal of “Fighting Fairly” for all parties involved should be: **Respect, Understanding and Resolution.**