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**.