

*RULES FOR FAIR
FIGHTING*



Think Before You Speak

- When we are fighting, our thoughts and feelings are going a million miles a second, and so are our mouths.
- We tend to say things without thinking. And worse, without truly meaning what we say. The trouble with that is, once we say something hurtful, we can't take it back.
 - **A "sorry" can only go so far.**
- Therefore, taking a moment to really think before you speak during an argument will save you from unnecessary "sorries" in the future.



Chill Out Time

- **Remind yourself that you will not always feel this way and everything comes to an end.**
 - Once you have learned how to recognize that you need a break, it will get easier every time.
 - Usually during an argument, we tend to get heated. Cooling yourself off for a few minutes to an hour is important!
 - Tell them you want to resolve the issue but you need some time to think and "cool off."
 - This comes down to respect. Respect them if they ask for a timeout.
-



Lose The Defense

- Defensiveness is combative and impulsive, not the best response!
 - **Once you put up your defenses, so will your partner.**
And then all you've got is two walls that won't budge.
- Instead of defending yourself, just listen to what your partner has to say and try to let go of having to be right.

Say something like this:

"Can we be solution-focused?"

Create EMPATHY for their perspective

- One of the best ways to fight better is to try and understand their side, try to see the situation from THEIR point of view.
 - What are some phrases you can say during a fight to show you are listening and understanding instead of defending YOUR answers?
-

Some Basic TIPS while cooling off:

While you are in this cooling off phase, you both agree to

1. Give 30 minutes to cool off
 2. NOT call your friends who will encourage your rage
 3. NOT call your family and talk smack about the other person
 4. NOT call an old boyfriend/girlfriend or leave the relationship suddenly
 5. NOT use drugs or drink over it
-

MORE TIPS....

6. **STAY IN THE PRESENT!**

7. Avoid the words "**YOU ALWAYS**" and "**YOU NEVER**", because it's almost always never completely true.

8. Don't resort to name-calling, cussing, or **VIOLENCE**

9. Don't use what was said in private as a weapon during fights, it is the ultimate betrayal of trust.

10. **BREATHE....**this too, shall pass. Practice some self-soothing techniques, exercise, listen to soft music, journal, and draw!

- **Listening vs hearing**
 - Are you just focusing on what you are about to say while they are speaking?
 - Are you TRULY paying attention to their non-verbals?
 - REMEMBER, their TRUTH is just as valid as yours.
 - **Remain SOLUTION-FOCUSED.**
-

Explain your
Anger, don't

Express it, & you
will immediately
open the door to
Solutions instead
of arguments.

