

DO'S AND DON'TS FOR FAIR FIGHTING

DO:

1. TAKE TURNS SPEAKING
2. STATE YOUR EXPECTATIONS UP FRONT
3. STAY ON THE TOPIC
4. USE "I" LANGUAGE
5. AVOID "YOU" LANGUAGE
6. FOCUS ON BEHAVIOR
7. CONTINUE TO DISCUSS UNTIL BOTH AGREE TO END
8. ASK FOR WHAT YOU WANT
9. TAKE THE TIME NEEDED TO RESOLVE THE ISSUE

DON'T:

1. INTERRUPT
2. USE THREATS
3. MAKE INTERPRETATIONS OR ASSUMPTIONS ABOUT WHAT THE OTHER IS THINKING
4. BRING OTHER PEOPLE INTO IT
5. BRING UP THE PAST
6. USE NAMES OR LABELS
7. SAY YOU AGREE UNLESS YOU REALLY DO
8. SEEK SYMPATHY