

Fair Fighting Rules Worksheet

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Fair fighting is a part of any healthy relationship. When disagreements arise, keeping the conversation respectful, productive, and focused on finding a compromise is vital. This worksheet provides a few for engaging in fair fights and can be used as a helpful guide when conversations become heated.

Rule 1: Before starting, ask yourself why you are upset

Before engaging in a disagreement, take some time to think about the root cause of your feelings. Are you feeling upset because of a seemingly insignificant detail, such as your partner leaving mustard on the counter, or is it the result of a more significant issue, such as feeling like you are disproportionately responsible for housework?

Reflecting on your emotions can help you target the real issue rather than arguing about surface-level matters.

Rule 2: Focus on one topic at a time

When tackling a disagreement, it can be easy to get off-track. Before entering a conversation, set an agenda with your partner and agree on what you plan to discuss. If there are multiple points of contention, take turns talking and addressing each issue one at a time. This will help keep the conversation focused and productive.

Rule 3: Listen to your partner

Before you respond to your partner's comments, please take a few moments to let them finish their thoughts and fully digest what they are saying. This will allow you to understand their point of view better and show them that you respect their opinion and are willing to have an honest dialogue with them.

Rule 4: Speak respectfully

It can be easy to slip into the disrespectful language without thinking about it during an argument, but remember that words can have a lasting effect on your partner's emotions. Avoid attacking tones or words that belittle your partner's feelings or opinions; instead, focus on speaking calmly and clearly about the issue.

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Rule 5: Use "I" statements

Using "I" statements helps to keep the conversation centered on how something is making you feel rather than what your partner has done wrong. This encourages them to take responsibility for their actions while allowing both of you to understand the situation.

Rule 6: Don't make threats

Threatening behavior should never be tolerated in any relationship. This includes threats of physical violence or emotional manipulation such as "I'll leave if you don't agree with me" or "I'm not going out with my friends tonight if you don't do what I want."

These types of ultimatums will only make your partner feel scared or degraded and won't result in any actual resolution for the conflict at hand.

Rule 7: Take breaks if necessary

It may be beneficial during certain arguments to take some time apart from each other to cool off before continuing the conversation again. This allows both partners to reflect on the situation without being influenced by each other's emotions in the heat of the moment.

Schedule a time within 24 hours when both partners can come back together and pick up the discussion from where they left off before taking a break from each other.

Rule 8: Focus on a compromise

While both partners may not always agree during fights, there are usually ways to find common ground, so everyone feels respected throughout the conversation.

Consider possible solutions that work for both people involved instead of insisting on getting your way; this shows respect for your partner and a willingness to work together to find solutions that benefit both parties equally.

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Additional notes