

Fighting Tactics You Use in Your Relationship ACT Worksheet

Objective: This worksheet aims to help you and your partner explore your preferred fighting tactics, understand your emotional responses, and gain insight into each other's perspectives. By engaging in this exercise, you can work towards creating a more empathetic and effective way of handling conflicts within your relationship.

Part 1: Preferred Fighting Tactics

Instructions: Each partner individually writes down their preferred tactics. After completing the list, share your tactics with your partner.

Take turns sharing your tactics without interrupting each other. Practice active listening and avoid judgment while your partner shares. Reflect on how these tactics affect your communication and the overall conflict resolution process.

Question 1: When you want to win a fight, what are some tactics you tend to use? List both fair and potentially dirty tactics.

Part 2: Ground Rules and Acceptance

Instructions: Each partner individually answers questions 2 to 5. Share your responses with your partner.

Take turns sharing your answers and discussing each other's expectations. Focus on building mutual understanding and finding common ground. Remember that these ground rules are meant to create a more respectful and productive environment for conflict resolution.

Question 2: In the context of an argument, what are some behaviors you'd like your partner to accept from you?

Question 3: What behavior would you like to stop in yourself during arguments?

Question 4: What behaviors are you willing to accept from your partner during conflicts?

Question 5: What behavior would you like your partner to stop during arguments?

Part 3: Chasing and Running

Instructions: Each partner answers the relevant question based on their role (runner or chaser). Share your answers with your partner.

Create a safe space for open communication. Listen actively to your partner's responses without interrupting. Aim to understand the underlying emotions and motivations behind chasing and running dynamics.

Question 6 (For Runners): When do you tend to withdraw or "run" during an argument? How do you feel right before you withdraw? Why do you choose to run? How do you feel when your partner chases you?

Question 7 (For Chasers): When do you find yourself pursuing an argument? How do you feel when your partner withdraws or "runs"? Why do you feel the need to chase? How do you feel when you're in pursuit?

Part 4: Empathy and Perspective Taking

Instructions: Each partner individually imagines their partner's perspective and emotions.

Write down your reflections.

Approach this exercise with empathy and an open heart.

Consider how your partner might experience the chase or withdrawal from their point of view.

Use this reflection as an opportunity to gain deeper insight into each other's emotions.

Question 8: Put yourself in your partner's shoes and imagine how they feel when they're running away or chasing after you. Write down your thoughts.