

# RULES FOR FAIR FIGHTING

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1. Be assertive, not aggressive.
2. Stay in the now, avoid bringing up the past.
3. Avoid lecture: stay with concrete, specific behavioral detail.
4. Use “I” messages, avoid judgments.
5. Be rigorously honest.
6. Do not argue over details.
7. Do not assign blame.
8. Use active listening.
9. Fight about one thing at a time.
10. Go for a solution, not for being right, and hang in there unless you are being abused.
11. Call “Time Out” if either person is starting to lose control.