

GUIDELINES FOR FAIR FIGHTING

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The purpose of a fight between partners is to clear the air by expressing deep feelings, so that the couple can move toward intimacy. In order to fight effectively, it is essential for the couple to

1. remember that they are on each others' side, and
2. develop fair fighting guidelines **when they aren't fighting**

Words that work well to remind each other whose side they're really on are: "I'm sorry." "I need you." "You are my best friend." "I love you." "I am on your side."

Too often talking leads to conflict, and partners find themselves unprepared for the power struggle that follows. Have the couple take the time to negotiate fair fighting guidelines like the following, before their next fight.

- fight with mutual consent
- stick to the present
- stick to the subject
- don't hit below the belt
- don't quit; work it out
- don't try to win, ever
- don't go to sleep on your anger.
- agree to disagree but say good night
- no violence, ever