

Fair Fighting Agreements

No violence

No actual or threats of physical violence, damaging property or verbal assaults

01

Use "I statements"

Use 'I statements' to own your feelings and reactions

06

No contempt

No below-the-belt tactics: shaming, blaming, diagnosing, interrogating, dictating, etc...

02

Assert needs

Be specific about your needs
Make requests not demands

07

No break-ups

No threats to end relationship as leverage while in conflict

03

Focus

Stick to one Issue at a time

08

No icing-out

No manipulative silent treatments or cold withdrawals

04

Be direct

Say what you mean & mean what you say

09

No dumping

No bringing up multiple past grievances to 'win' an argument

05

Take responsibility

...for your part, make amends & take action to prevent It from reoccurring

10