

HOW TO FIGHT FAIR IN RELATIONSHIPS

Unfair Fighting Assumptions

1. Conflict is awful
2. My needs are more valid than yours
3. Only one can win

Fair Fighting Assumptions

1. Conflict is inevitable
 2. Our needs are equally valid
 3. We both can win
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Unfair Fight Styles

Bad timing

Blaming

Too many issues

Covering up other feelings with anger

Impossible demands

Threats and ultimatums

Escalation

Unhappy endings

Fair Fighting Guidelines

Set a time

State the problem in behavioral terms

Stick to one issue

Express the full range of emotions

Possible change

Describe consequences

Prevent escalation

End in agreement, counter proposal, or postponement