

Fighting *Fair* Cheatsheet

Rule #1: Keep Things Impersonal

Attack the issue, specific problem, or behavior without attaching it to your spouse's personality, character, or identity. No personal attacks.

Rule #2: Keep Things In Balance

Make sure you bring up the things that are going well as well as the things that are not.

Rule #3: Try to Fight About One Thing at a Time

Your only job at this moment is to resolve this specific issue. Don't bring up other fights.

Rule #4: Communicate Your Perspective...As An Opinion

Communicate your perspective, but make it clear that it's your opinion.

Rule #5: Volume Control and Snark Police

Arguments should be had at a normal volume and with as little sarcasm as possible. Fight using only volume and language you'd use in front of your kids.

Rule #6: Stay Away from Extremes ('Always' and 'Never')

Avoid words like "always", "never", and other phrases that leave little room for grey area.

Rule #7: Ask Questions (and Listen to the Answers)

Try being actually silent for a bit, listening to everything your spouse has to say, and when they actually stop talking of their own volition then you can respond.

Rule #8: Look for Common Ground to Highlight

Intentionally focus on trying to find and highlight common ground in your subject matter.

Rule #9: Know When to Stop Fighting

If you're going in circles, peacefully postpone the rest of your conversation.

Rule #10: Summarize Your Resolution(s)

"So from what I understand we agreed that ____.

From now on I'm going to try to ____ and you're going to try to ____."

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