

Fighting Fair

Do's



Calm down before you talk with the person you

Pay attention when someone is telling you how they feel



Use "I" statements, not YOU statements

Keep a calm tone of voice



Listen really well

Stick to the issue. Talk about the one thing that is bothering you



Avoid blaming. Focus on fixing the problem

Don'ts



Do not talk when you are really angry

Do not say, "I don't want to hear any of this"



Do not blame the other person for all the problems

Do not wait until you are so mad that you blow up and start listing ALL of things that are wrong



Do not bring up old fights

Do not use the words "always" or "never" for example... "You never call me anymore"



Do not hit anyone or anything