

How To Fight Fair

Use these categories to make sure you're fighting fair. No cheap shots!



TIME

- Determine the ideal time of day
- Determine who's invited & other parameters
 - Keep distractions at a minimum, don't fight hungry
- Determine the length
 - Don't hash it out all night long
 - 35-40 minutes tops! Set a timer if you have to!
 - If you can't resolve the issue in less than 1 hour, you're talking about too many issues simultaneously.
 - Sometimes, you're going to go to bed in disagreement... but that doesn't mean you have to go to bed hating each other. Tomorrow is a new day.



PLACE / LOCATION

- Determine the best location
 - Not in the kitchen, not in the garage, not in the bedroom
 - Ideally, in a room where you can be at eye level, facing each other
- Determine the atmosphere
 - Is there music playing or not?
 - Is there a pumpkin spice candle or not?
 - Whatever helps calm you... the better



TOPICS

- Determine the topic
 - Clarify the topic, both must agree
 - Once you determine the topic, stay on it!
 - Avoid "wave-hopping" multiple topics
 - Write down other topics and come back to them another time



VOCABULARY

- Determine what vocabulary is acceptable and unacceptable
 - Avoid 'always' and 'never' statements
 - Avoid trigger words or phrases (you know which ones)

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NON-VERBALS

- Determine what actions or postures are acceptable and unacceptable
- Pay attention to your body language (crossed arms, slouching, rolling eyes, etc.)



TIMEOUT PROCESS

- Determine the rules of a "Time Out"
- Understand the concepts of Pursuing and Avoiding
- Both should have the freedom to call a timeout at any time
- Timeout Rule: whoever calls the timeout is responsible for reinitiating
- Good idea to set a time for timeouts (i.e. 30min, 1hr, when the kids



CONCLUSIONS

- Brainstorm next steps
- Play 'Worst Idea Ever'
- Unite and agree on a next step (literally sign something if you need to)



EVALUATE & REASSESS

- Determine if what you tried worked
- It's ok to call something a failure
- Repeat the process