FIGHTING FAIR & RESOLVING CONFLICTS
Guidelines for confrontation and discussion

FOCUS ON THE PROBLEM – NOT THE PERSON – TO GENERATE OPTIONS AND SOLUTIONS

1. Accept the fact that conflict exists. DENIAL WILL ONLY BUILD A MONSTER!
2. Eliminate you both being angry at the same time about different issues.
3. Look at yourself - why are you really mad - is it this issue or another one?
4. Do Problem-solving - no blame framework helps to build teamwork.
5. Don't run away with booze, drugs, your feet - stay and work on the problem.
6. Eliminate Cheap-Shots - "You don't love me", "You don't care", etc.
7. Help save face - no "I told you so", don't rub-it-in or try to "win".
8. Take small bites - many conflicts take much effort over time & several meetings.
9. Don't argue in bed - use another room - it saves your love live and your sex life.
10. Affirm your love often - verbally - daily - and when particularly when fighting.
11. Don't compare in anger - "You are just like your mom, dad, my ex- etc."
12. Anger is OK but –NO– hitting, sarcasm, hot spots and sensitive areas.
13. Dump it daily - no storage of bad feelings - it hurts your head & heart.
14. Get professional help when you need it. Mediation helps cool things down.
15. Be flexible - give & take - compromise - good will - RIGIDITY is a killer.
16. Adopt a WIN-WIN attitude. WIN-LOSE generates only competition and lose-lose.
17. Competition in anger generates two losers, not just one.
18. Don't argue over nonnegotiable items like health & safety and dignity issues.
19. Deal with difficult things when they are easy. (that is, small & cool)
20. What is it like from the other persons perspective, feelings, experience?
21. Learn that fights are NOT personal but have to do with very old stuff.
22. Discussion = attack the problem. Argument = attack each other.
23. Be open - Always learn - Be generous of spirit - Risk - Use your heart a lot.

One year of experience 20 times is different than 20 years of experience.

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