



# FAIR FIGHT RULES

Kevin & Marcia Myers

Fair fight rules are established as an agreed contract to promote open and honest communication. We both agree to stay in the fight for 'every round' no matter how long it takes to complete.

Breaking a fair fight rule/agreement results in the payment of humbling oneself before the other with a sincere apology. "You were right and I was wrong, you were right and I was wrong, you were right and I was wrong—I'm sorry!"

The other party agrees to forgive and go on; (recognizing the spirit of the effort is to repent not abuse the rules to vent).

## Set The Time:

- ◆ Set a specific time to process the issue according to the fair fight rules once a Fair Fight is called by either person.
- ◆ Before a time can be set, the calling for a Fair Fight must summarize the nature of the issue at hand. No intentional 'blind siding'.
- ◆ **Recommended:** No fighting after 11:00pm.

## Keep It Clean:

- ◆ Any harsh words or use of 'never/always' constitutes a breaking of the rules of communication and the subsequent payment.
- ◆ We cannot bring up old wounds as a means to hurt the other person in the midst of our pain.

## Remember to Love:

- ◆ Regardless of where we are at the time we end the fight, we agree to say 'I love you' and embrace. (*Fair Fights do not defuse our love for one another.*)
- ◆ We agree to risk the truth (the last 10%) regardless of the chaos created.

## The Opening Rounds:

No interruptions or clarifications or subtle defensiveness . This could diffuse the risk of honest communication. Both must be careful to speak the truth (as they understands it) in love.

- ◆ **Round 1:** Marcia speaks first on every issue regardless of who calls the Fair Fight (*due to tendencies of Kevin to dominate and Marcia to withdraw*).
- ◆ **Round 2:** Kevin must articulate what Marcia has said in his own words in such a way that Marcia confirms she has been heard. (*heart and head engaged*)
- ◆ **Round 3:** Kevin is given the same freedom as Marcia in Round 1.
- ◆ **Round 4:** Marcia must articulate in the same frame as Kevin in Round 2.

## Working Towards Resolution:

- ◆ We agree to resolve the conflict ASAP rather than 'gunny sack' the issue.
- ◆ After the opening rounds, we begin to process the issues with a commitment of respect to understand before we move toward solution.
- ◆ We agree to set directions for solutions only with agreement between one another. If we cannot agree, we set another Fair Fight time and continue the process toward agreement.
- ◆ We must stay in dialogue - regardless the emotional tension; neither can leave the 'ring'.
- ◆ If we discover that we come upon another issue, we must call for another Fair Fight rather than derail the issue at hand (unless mutually agreed upon to pursue).
- ◆ If we discover we cannot come to a wholesome resolve through discussion and prayer and processing over time; we will agree to take it to selected friends for processing.
  - We will not vote on issues through friendships (gang up). The goal is not 'right' vs. 'wrong' with a 'win/lose' motto. The only goal is win/win.
- ◆ We agree to openly pursue counseling in the event that we cannot come to an agreement following processing assistance with friends.