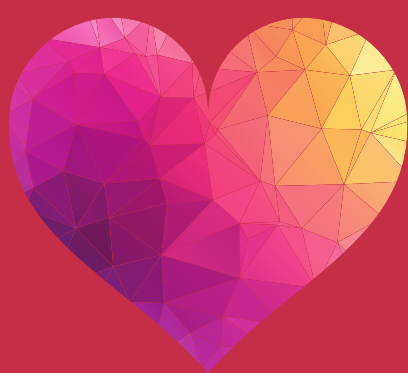


# "FIGHT"

## FOR NOT AGAINST YOUR RELATIONSHIP

### DO'S & DON'TS TO FAIR FIGHTS



Take responsibility & manage your emotions & thoughts

Listen, understand, empathize, compromise, negotiate

Protect the relationship & each other

Forgive, make amends, reflect, accept apologies

Have regular talks about your needs and the needs of the relationship, recognize & validate disagreements as healthy and necessary



Blame, shame, name call, violate boundaries, abandon, attack, abuse

Shut down, shut out, prepare your response, dig in, win at all costs

Make or see your partner as the enemy

Hold grudges, withhold forgiveness, keep score

Avoid or neglect talking about things that NEED to be talked about, deny your needs, take the relationship for granted