

## **RULES FOR FIGHTING FAIR**

- \* Identify the problem.
- \* Focus on the problem.
- \* Attack the problem – not the person.
- \* Listen with an open mind.
- \* Treat a person's feelings with respect.
- \* Take responsibility for your actions.
- \* If you need a time out...take one and come back and try again.



- Name Calling
- Blaming
- Sneering
- Not-Listening
- Getting Even
- Bringing-up-the-Past

- Threats
- Pushing
- Hitting
- Put-Downs
- Bossing
- Making Excuses
- Not-Taking-Responsibility

