

# HOW TO FIGHT FAIR

## DO

**STAY ON TOPIC AND IN PRESENT TENSE.**

**BE HONEST, EVEN THOUGH IT HURTS.**

**OWN THE WAY YOU FEEL. RATHER THAN SAYING, “YOU MAKE ME SO...,” TRY “I FEEL HURT WHEN YOU ARE LATE AND DON’T CALL.”**

**TAKE RESPONSIBILITY FOR CHANGE.**

**KNOW WHAT YOU ARE ARGUING ABOUT. WRITE IT DOWN AND MAKE SURE TO FIGHT ABOUT THE REAL ISSUE.**

## DON'T

**USE THREATS, INSULTS, OR NAME-CALLING.**

**USE “ALWAYS” OR “NEVER”.**

**WALK AWAY DURING AN ARGUMENT WITHOUT AGREEING ON A TIMEOUT.**

**STORE UP FEELINGS AND THEN DUMP THE ENTIRE BAG OF RESENTMENTS AT ONCE. (GUNNY-SACKING).**

**COPYRIGHT 2011 BY  
RACHAEL ELMORE  
AND ELMORE CHRISTIAN  
COUNSELING**

**WWW.RACHAELELMORE.COM  
@THEAUTHORED THERAPIST**