

How To Fight Fair

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 understand it) in love.

Round 1: The less dominate spouse speaks first on every issue regardless of who calls the Fair Fight (*due to tendencies of the other spouse to dominate the conversation*).

Round 2: Each Spouse must articulate what the other spouse has said in his or her own words in such a way that the other spouse confirm what has been heard. (*heart and head engaged*)

Round 3: The more dominate spouse is given the same freedom as the other spouse in Round 1.

Round 4: The less dominate spouse must articulate in the same frame as did the dominate spouse in in Round 1.

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.

Fight Fair Rules:

https://12stone.com/wp-content/uploads/2015/02/PKs_Fair_Fight_Rules.pdf

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