



Resolving a Fight, requires talking constructively

RULE #1 - Always Stay in The Present. When we get into a fight we quickly remember the unfinished things of the past to support what we are fighting about. Always stay in the present, stay on the present issue and work it through before moving to the next item on the list.

RULE # 2 - Eliminate Any Swearing And Put-down Words. These words only add fuel to the fire. A lot of times we are so angry that we want to hurt and get even with our partners. We take control by using demeaning and negative words. We believe that by the use of these words we will be heard. The opposite is true. We have only created even more distance we can also use anger to retaliate or shut-down and withdraw from the situation.

RULE #3 - What You Really Feel And Think Comes Out In A Fight. What is really in your heart? How you do feel about certain individuals or certain things will come out in the heat of anger. Your belief system will be present in these fights. Use this information as an awareness and a gauge to discover your true feelings.

RULE #4 - Don't Assume or Presume Anything. We expect our partners to fill in the missing information. They should know what we are feeling or try to communicate our feelings. The truth is that they don't know for sure what you are thinking or feeling. They may observe your body language, and may interpret what you think, but only you know what you are really feeling and thinking.

RULE #5 - Give Each Other Permission To Feel Your Feelings. Allow each person to talk about their perceptions of what they are thinking and feeling inside. It may not fit the situation, or relate to the situation, but it is their truth according to that emotional moment. You don't have to agree with it, just be willing to listen.

RULE #6 - Don't Personalize Everything Your Partner Is Saying and Feeling. This is an important skill in communication. Try not to feel responsible or guilty for everything that he or she says or feels. The truth of the matter is that sometimes what they are venting about may not have anything to do with you at all. Our perceptions and feelings belong to us, and we need a safe environment to be able to express them. Some of these feelings and perceptions come from past experiences, some come from the present, and some are unfounded.

RULE # 7 Don't Minimize What Your Spouse Is Saying or Communicating.

Make a commitment to not dismiss or minimize what your partner is saying. Try not to change what they are saying or tell them what they are thinking and feeling. Only the individual themselves knows their true perceptions and feelings. "You are not the author of your partners words and feelings."

RULE # 8 - No Physical Abuse or Destruction of Any Kind. We should be able to communicate and express our emotions without having to beat each other up or start breaking things around the house. If you believe that you have lost control of your anger leave the situation. When you are very angry or in over reaction mode, there are no solutions to the problem. Learn to understand when you are over-reacting. Leave the room or house. Take a time out to clear your head. In the heat of anger there are no good outcomes.

RULE # 9 -Take A Break From The Fight. If after an hour you are both no closer to a solution take a break and come back to the issue at another time. Specifically state a time when you both will come back to the problem to work out the differences. Who says that a difficult problem needs to have a solution all at once? The situation may take several discussions or months before you can both arrive at an agreed solution that will work for both of you. Difficult issues take time to work out and can be ongoing. Developing a healthy way to resolve conflict will go a long way to improving the situation.

RULE # 10 - Make Sure You Address Unresolved Issues. Don't avoid or pretend that it isn't an issue or that it will go away, because the next time you fight that issue will surface. All unresolved issues are carried into the next fight making it worse. Make a commitment to continue working out those difficult concerns so that it doesn't interfere with your relationship.

RULE # 11 - Be Honest With Each Other. This is the foundation to intimate emotional connection and communication with your partner. Be honest in what you are thinking and feeling. Remember feelings change. One day you may feel very intense about things, another day you may feel nothing at all. Be up front about everything you do, where you go and whom you see. This ensures that your relationships stay safe. Allow no room for doubt.

RULE # 12 – Cut Each Other A Little Slack. We are not perfect. At some point we will disappoint each other, or hurt each other, intentionally or non-intentionally. Make some allowances for our imperfections with the perspective that each of us will continuously work out our issues.