

Fighting fair

We've all been there. You're fighting about that thing you always fight about. And lately it is pushing one of you over the edge.

Fighting is part of a healthy relationship. But it shouldn't be scary or leave you feeling beat up. The key is to stay on topic, be respectful, and work towards a solution.

LOVE *like* THIS



- ✓ Agree on what you're fighting about
- ✓ Show up and be willing to take turns
- ✓ Ask for what you want next time

NO *like* THIS



- ✗ Bring up everything that bothers you
- ✗ Totally dominate and don't let them talk
- ✗ Exaggerate - use "always" and "never"