

# 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

**NOT** like **THIS**



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



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