

1 -

A COPY OF THE FAIR FIGHT RULES MUST BE PRESENT DURING CONFLICT RESOLUTION.

2 -

THE INTENDED OBJECTIVE OF THE DISCUSSION MUST BE STATED PRIOR TO ANY DIALOGUE.

3 -

BEFORE EACH PERSON SHARES HIS/HER POINT OF VIEW FOR THE FIRST TIME, 3 POSITIVE STATEMENTS/ COMPLIMENTS MUST BE MADE ABOUT THE OTHER PARTY.

4 -

RESPECT ONE ANOTHER VERBALLY AT ALL TIMES.

5 -

WHEN IT IS YOUR TIME TO TALK - TALK, DON'T ATTACK.

WHEN IT IS YOUR TIME TO LISTEN, LISTEN WITHOUT INTERRUPTION OR DEFENSE.

6 -

WHEN A DISAGREEMENT ESCALATES AND BECOMES AN ARGUMENT, WE WILL RESOLVE IT IN PRIVATE OUT OF RESPECT FOR OURSELVES, OUR CHILDREN AND OTHERS.

7 -

NEVER FORCE ONE ANOTHER TO TALK ABOUT AN ISSUE IF HE OR SHE IS NOT READY TO TALK. BUT THE ISSUE MUST BE DISCUSSED/ RESOLVED PRIOR TO GOING TO BED THAT EVENING. AN APPOINTMENT MUST BE MADE BY THE PARTY WHO REQUESTS MORE TIME.

8 -

ONCE AN ISSUE HAS BEEN DISCUSSED OR RESOLVED, IT WILL NOT BE CARRIED FORWARD TO THE NEXT DAY. THE SILENT GAME WILL NOT TAKE PLACE THE DAY AFTERWARDS.

9 -

BOTH PARTIES MUST BE 100% COMMITTED TO RESOLVING THE ISSUE(S) THROUGH OPEN COMMUNICATION. BOTH PARTIES ARE REQUIRED TO COMMUNICATE HIS OR HER FEELINGS ENTIRELY - TAKING A STANCE OF INDIFFERENCE IS NOT PERMISSIBLE.

10 -

BOTH PARTIES MUST CONCENTRATE ON THE ISSUE(S) AT HAND. BRINGING UP THE PAST IS NOT PERMISSIBLE.

