



Rules for Fair Fighting

A guide for respectful conflict and relational repair

1	The fair fighter identifies negative feelings within him/her and shares them directly and tactfully with the partner.
2	The fair fighter chooses the right time, place and mood for discussion of differences.
3	The fair fighter is willing to ask for and to observe a truce whenever either partner requests it.
4	The fair fighter stays primarily in the present.
5	The fair fighter strives to keep his emotions under control.
6	The fair fighter keeps a controlled agenda.
7	The fair fighter keeps the discussion confined only to those persons involved in the difference.
8	The fair fighter seeks to win without injury.
9	The fair fighter accepts compromise.
10	The fair fighter excels at forgiving.
11	The fair fighter protects the sex life from conflict.
12	The fair fighter listens carefully to the other person.



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13	The fair fighter will admit it when he/she's wrong, for he/she seeks only the truth and a good relationship.
14	The fair fighter always respects and honors the other person.
15	The fair fighter deals with the real issues.
16	The fair fighter doesn't count up wins and losses.
17	The fair fighter keeps relationship secrets and protects the intimacy of the relationship.
18	The fair fighter deals directly with his anger.
19	The fair fighter respects both feelings and reason in the management of conflict.
20	The fair fighter requests only the changes which can be made.
21	The fair fighter lives up to the agreements he/she makes.
22	The fair fighter never criticizes the other person's parent to the partner.
23	The fair fighter keeps communication lines direct.
24	The fair fighter never uses prayer as a mode of ulterior communication.
25	The fair fighter never makes accusations about the other person's faith.
26	The fair fighter never uses the scripture as a part of a conflict to reinforce his own point.

By agreeing to these relational rules and by accepting the right of the other person to call the other to accountability when he/she steps outside the boundaries, not only will differences be managed more effectively, but there will also be few if any scars which result from the encounters. If you become angry, express it! Work it through! Get over it fairly quickly - and thereby sin not! Very soon thereafter you'll be ready again for intimacy and closeness. You've heard it said, "Love conquers all!" But the writer of this summary says, "Love - and fair fighting - conquer all!"