

10 Rules For Fighting Fair

1. Don't yell
2. Fight to resolve, not to be right
3. Focus on the issue at hand
4. No interrupting
5. Don't play the blame game
6. Use "I feel" statements
7. Take a break and remind yourself that you are on the same team
8. Eliminate "never" and "always"
9. Listen and stay present
10. Explore resolutions together

Questions For Your Spouse

1. What can I do so you feel appreciated and loved?
2. What upsets you most in our relationship?
3. What makes you happiest in our relationship?
4. What do you struggle with most?
5. How can I help you with those struggles?