

HOW TO HAVE A FAIR FIGHT

Plan Ask yourself why you feel upset/angry etc before you meet up.	No Stonewalling Past arguments with a partner can make us reluctant to speak to them in the future, we retreat and avoid at all costs. Stonewalling only prolongs the problem.
Identify Choose one thing to talk about this time and stick to it.	No Yelling Especially in front of the children. You may feel like you have won the argument because your voice was the loudest or you had the last word but generally if there's shouting no one's listening.
Be civil You are discussing one issue, not the person, so no bad language, no put-downs or name calling. Keep to the point, if you are feeling angry or upset choose another day/time to have this conversation.	Time out If things start to get heated or you feel upset/angry, take a "time out". Use an "I" statement to give instructions.... "I am feeling upset/angry, I'm going to take "time out" to calm down I'll be back in 10 minutes.
Feelings/responsibility Express feelings with words using "I" statements, take control of your "end" of the conversation.	Negotiate Attempt to come to an understanding or make a compromise remembering it's not about your relationship/making it easy for your ex, it's about putting your children's needs first.
Take it in turns Remember the "rules of conversation and Listen/Check/Reply	Remember Take control of your bit Your children are watching you Your children are listening to you Your children are learning from you. FIGHT FAIR