



KALEIDOSCOPE
COUNSELING

FAIR FIGHTING Rules

Healthy conflict is not about winning.
It's about understanding each other and working together.

1



Stay Respectful

- Treat your partner with kindness, even when you disagree.
- No name-calling, insults, or put-downs.

2



Listen to Understand

- Really listen to what your partner is saying.
- Don't interrupt.
- Try to see their point of view.

3



Use "I" Statements

- Share how you feel without blaming.
- Example: "I feel hurt when..." instead of "You always..."

4



Keep Your Tone Calm

- Speak without yelling.
- Stay calm, even if you're upset.
- Volume matters as much as words.

5



Avoid Threats

- No threats of hurting each other or ending the relationship.
- Never use fear as a weapon.

6



Respect Boundaries

- Don't bring up sensitive topics your partner isn't ready to discuss.
- Respect each other's limits.

7



No Contempt

- Eye-rolling, sarcasm, and sneering create distance.
- Speak with care and empathy.

8



Take Breaks If Needed

- If things get too heated, take a break.
- Agree on a time to come back and talk.
- Don't walk away—take a break to come back.

9



Focus on the Issue, Not the Person

- Stick to the current issue.
- Don't bring up the past.
- Avoid making it a character attack.

10



Take Responsibility

- Own your part in the problem.
- Apologize sincerely.
- Focus on solutions, not excuses.

11



Show Appreciation

- Remember what you love about each other.
- Say "thank you" and show gratitude every day.

12



Compromise and Collaborate

- Look for solutions that work for both of you.
- You're a team, not opponents.

13



Repair and Reconnect

- Don't let the sun go down on unresolved conflict.
- Reconnect with affection after the argument.

14



Remember Your Goal

- The goal isn't to "win."
- The goal is to understand, grow, and strengthen your relationship.



Disagree without being disagreeable.



When we fight fair, we build a stronger, healthier, and more loving relationship.



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