

Fighting Fair

All relationships have some conflict. You will not agree about everything, but can still like each other!

When you have a problem:

(1) Negotiate a time to talk

Don't have difficult conversations when you are very angry, tired, or under the influence of drugs or alcohol. Ask: "can we talk later about something that is bothering me?"

Schedule regular times to talk without outside distractions. Healthy relationships are respectful.

(2) Don't criticize

Healthy relationships don't blame! Attack the problem, not the other person. Use "I" statements; talk about how you struggle with the problem. Say: "I feel angry when..." Don't use "you" statements; avoid blaming the other person for your thoughts and feelings. Don't say: "You make me angry when..."

Also avoid bringing others into the discussion.

Don't call each other names; intentionally hurt the other person's feelings.

(3) Don't assign feelings or motives

Let others speak for themselves; don't interrupt or lecture.

Healthy relationships recognize each person has their own thoughts and feelings.

(4) Stay with the topic

Healthy relationships don't use ammunition from the past to fuel the present. Stay in the present.

(5) Say, "I'm sorry" when you're wrong

It makes a big difference in making things right again. Healthy relationships can admit mistakes and ask for forgiveness.

(6) Don't assume things

When we feel close to someone it's easy to think we know how he or she thinks and feels. We can be very wrong.

Let the other person know what you are feeling and allow the other person to have their own feelings. Healthy relationships check things out. (ask to be sure)

(7) Ask for help if you need it
Talk with someone who can help you work through a problem.

(8) There may not be a resolved ending

Be prepared to compromise or to disagree about some things. (agree to disagree) Healthy relationships don't demand conformity or perfect agreement. Summarize any agreements made as a result of the conflict.

(9) Don't hold grudges

You don't have to accept anything and everything, but don't hold grudges – they just rob your energy. Look for the best in others. Healthy relationships don't hold on to past hurts and misunderstandings.

(10) Be on the same team

Relationships take a lot of dedication and work. Relationships with winners and losers don't last. Healthy relationships find answers to problems together.

HOW TO GET HELP

There are many places that offer 24-hour support, emergency shelters, legal services and information about safe options for yourself or your friends.

For more information and assistance, call:

National Domestic Violence Hotline

1-800-799-7233

Locally, contact 211 or:

Sojourner Truth House (Milwaukee)

24-hour Domestic Violence Hotline and Shelter

(414) 933-2722

The Women's Center (Waukesha)

24-hour Domestic Violence Hotline and Shelter

(262) 547-4600

Women's Resource Center (Racine)

24-hour Domestic Violence Hotline and Shelter

(262) 633-3233

Adapted from Joyce Woodford, *Healthy Relationships*, Kansas State University, Counseling Services.

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Ten Tips For Fighting Fair when conflict arises

Healthy relationships bring happiness and health to our lives. Conflict is a part of this relationship. Studies show that people with healthy relationships really do have more happiness and less stress. There are basic ways to make relationships healthy, even though each couple is different.

