

Fighting Fair

Do

Watch Your Body Language
Use "I Messages"
Stay Present
Be Honest
Seek to Understand
Watch Out for the 4 Horsemen
Remember You're a Team

Don't

Use Degrading Language
Yell or Dramatize
Use Your Time Machine
Fight When Exhausted
Try to Fix Each Other
Store Up Then Erupt
Be Afraid to Call a Timeout

BONUS: Would You Rather Be Right,
or Would You Rather Be in a Right Relationship?