

### *Fight Rules*

(The dictionary defines a *fight* as: contending against another in battle, to box, or to struggle)

Eph. 4:15;25-27, James 1:19-20

1. Fights should be held in order to REACH A SOLUTION, not to gain a victory.
2. The basic outline of a fight should be a) state your "gripe", b) suggest some alternatives, c) reach a solution.
3. YOU CANNOT REFUSE A FIGHT. If something is important enough to one member of the marriage, it is worth fighting over.
4. State your "gripe" in the form of a request, not a demand. Make it a POSITIVE request.
5. Fight about ONE THING AT A TIME.
6. If the fight is a question of fact, then IT IS YOUR DUTY TO GET THE FACTS.
7. If the fight is a matter of opinion, you must recognize it as such and realize that a compromise is the only solution.
8. DON'T PLAY PSYCHOLOGIST. Don't try to tell the other what they are thinking or why they are doing something. DON'T ASSUME!
9. DON'T TRY TO MINDREAD. It's impossible, so ask instead.
10. DON'T PLAY ARCHEOLOGIST. Don't dig things out of the past; fight about your present gripe.
11. DON'T MAKE SPEECHES. State your gripe, and then let the other person answer.
12. If your spouse states a point, you must respond to it before you can make a new one. ANSWER QUESTIONS DIRECTLY!
13. NO NAME CALLING!
14. NO EMOTIONAL BLACKMAIL. "If you really loved me, you would . . . ."
15. You can state your gripes about BEHAVIOR--NOT STATES OF BEING.
16. GO BACK TO RULE #1, AND NEVER FORGET IT. FIGHTS SHOULD BE HELD IN ORDER TO REACH A SOLUTION, NOT TO GAIN A VICTORY.
17. BE KIND!!!

**Your commitment to each other should be of the spirit that says:  
"Nothing you can do or say will make me stop loving you."**

*Meditate on: 1 Cor. 13:4-8*