

Fighting for Non-fighters

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Questions for Healthy Communication

1. Did our parents or others who had influence on us fight? How?
2. Describe what a fight or a conflict might look like.
3. Do we deal with or avoid conflict?
4. Do we ignore the same issues repeatedly?
5. Do we create conflict over small issues to avoid big issues?
6. Is it okay to disagree with my partner about things?
7. Do we have a plan when one or both of us gets triggered, hurt, and/or angry during a conversation?
8. What new and healthier ways are we finding as a way to deal with conflict?
9. How can we best foster safe and healthy communication around hard topics?
10. How have we dealt with conflict where we both feel good about the process and the outcome?
11. Who can we use as allies when we get stuck?
12. How can we utilize our Higher Power to give us the courage to speak up in a loving and healthy way?

Megan & Sara's Fair Conflict Agreement

- Agree there is a conflict that needs to be talked about by saying something like “We are having conflict and we really need to talk about _____”
- Agree on a time – Now? Later? If so, when?
- Start with the Serenity Prayer
- Review our Fair Conflict Agreement
- Share our feelings
- Share our perception of what the conflict is about (The story we tell ourselves in our head)
- Talk about the conflict and try to come to an understanding or resolution using the following rules
- Do's
 - Be honest
 - Be caring
 - Be clear about what is bothering us and why
 - Follow the Safety Guidelines
 - Be open to the other partner's feelings, ideas, and opinions
 - Allow for a moratorium with a specific time to re-engage
 - Call another couple and/or our therapist if we get stuck in our conflict
- Don't
 - Get defensive
 - Get offensive (attack)
 - Shut down or exit
 - Blame or demean
 - Raise our voice
 - Control or force the other person to “see it my way”