



Rules for Fair Fighting

Fair Behavior

- Speaking one at a time
- Looking for compromises
- Being able to say “I’m sorry”
- Trying not to generalize
- Asking open-ended questions
- Having empathy for your partner
- Allowing for time-outs
- Allowing equal time to speak
- Setting rules together and following them
- Showing personal respect
- Being honest with each other
- Calmly giving your reasons
- Admitting when you’re wrong
- Validating your partner’s emotions
- Remaining nonviolent
- Forgiving when you are able

Unfair Behavior

- Name calling
- Opening old wounds
- Using the past against your partner
- Intimidating, coercing, or threatening
- Judging your partner
- Using accusatory statements
- Ignoring your partner
- Not listening to your partner
- Changing the rules and not saying so
- Expecting there to be a winner/loser
- Saving up complaints to use all at once
- Reading your partner’s mind
- Putting words in your partner’s mouth
- Using violence of any kind
- Using sex as leverage
- Denying the facts

UCF Victim Services

Emergency: 911 ♦ 24/7 Advocacy & Support: (407) 823-1200
victimservices.ucf.edu ♦ askanadvocate@ucf.edu