

## **GUIDELINES FOR FIGHTING FAIR FOR OUR RELATIONSHIP**

(The term fight as we use it, never refers to any physical or mental violence.)

1. Remember that criticism and sarcasm wound people and destroy our capacity to belong to each other. Avoid criticism.
2. Avoid name-calling and character assassination.
3. Never fight when one or both of you are under the influence of alcohol or drugs.
4. It is a waste of time placing blame. Since you can't unspill the milk, work at moving forward.
5. Avoid using absolutes, such as, "you always" or "you never" or "every time". They are not true.
6. Finish the fight. Even if there are tears, be sensitive, but do not walk away. Continue the fight for your relationship.
7. Do not bring in third parties. A parent, a friend, a person at work has no part in your confrontation. The real problem is often a miscommunication.
8. Stay physically close to each other. An affectionate touch helps each to know that there is nothing that cannot be worked out in love.
9. The issue under discussion is never as important as the two of you are. Being right is not as important as being in relationship.
10. Fight for clarification, not to win. If I "win" a fight then I'm sleeping with a loser.

## HOW TO FORGIVE OTHERS (AND YOURSELF)

1 Describe a time when you forgave someone. What happened? How did they know you had forgiven them? What was it like to forgive them?

2 Describe a time when someone forgave you. What happened? How did you know you were forgiven? What was it like to be forgiven?

3 (check all that apply) Forgiveness means ...

- not seeking revenge
- ignoring the problem
- saying "I'm sorry"
- praying for their good even though they don't deserve it
- letting God give them what they deserve
- forgetting about what happened
- making up for it
- "giving for"

4 What does Scripture say about forgiving?

- Luke 6:32-36
- Matthew 5:23-24
- Psalm 51
- Colossians 1:19-23
- Luke 15:4-7
- Matthew 18:21-22