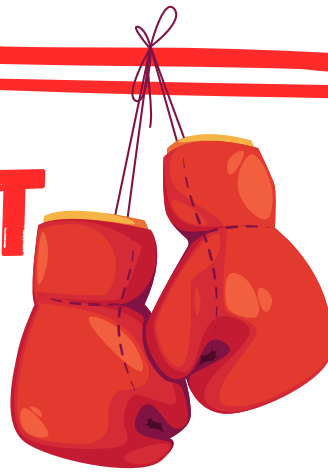


FIGHT RIGHT RULES



1. "Fights" must be limited to **one** issue at a time.
2. Absolutely no name-calling or sarcasm is allowed. You may attack the issue but **never** each other.
3. You may not bring up past offenses or failures (any attempt to do so much be recognized as a sinful unwillingness to forgive.)
4. Any expectation that another should "understand" without our telling them is to be relinquished
5. All such conflicts are to take place at a kitchen table, den, or other pre-determined specified "fighting" location. All participants must be sitting down while "fighting."
6. No confrontation may take place past 10:00 PM (adults) or 8:00 PM (children).
7. No destructive or inappropriate confrontations may take place in the presence of children (if husband and wife are fighting) or uninvolved friends or family (no off the top of the head fighting is allowed.)
8. All participants must be allowed "equal time" to express grievances or differing point of view, as well as equal listening time (no one will draw conclusions until everyone involved has had a chance to express himself).
9. All participants must be willing to negotiate solutions, not just express one's displeasure.
10. When participants cannot come to an agreement through discussion, all must agree to disagree amiably, without any anger, malice resentment, or disrespect. It is not necessarily wrong to disagree, but it is always wrong to disagree with an attitude of pride and anger.

NOTE: The ultimate goal of every family member involved in a dispute is to be a peacemaker and problem solver in the spirit of love, according to Colossians 3:13-14. All participants must recognize unchecked contention to be the result of pride, according to Proverbs 13:10 (all unresolved contention involves pride), and must be willing to ultimately give up their "rights" if necessary. Any unwillingness to negotiate a solution or tackle secret resentments must be recognized as sinful indifference, which is the greatest enemy of love and harmony in a relationship.

Recommended Reading: Peacemaking for Families by Ken Sande