

CLEAN FIGHTING

SPEAKER: Ask permission to do a clean fight.

LISTENER: Remember to reflect back what you hear the Speaker saying by paraphrasing after each sentence stem (numbers 1-4).

SPEAKER:

- 1** State the problem. *“I notice...”*
- 2** State why it is important to you. *“I value...”*
- 3** Fill in the following sentence: *“When you... I feel ...”*
- 4** State clearly, respectfully and specifically your request. (Specifically means to include details such as time and dates.)

LISTENER:

- 5** Consider the request. Briefly share your perspective on it. Are you willing to do all of it, part of it, or none of it?

SPEAKER:

- 6** Agree on request
OR
Offer an alternative (go back and forth not more than 3 times)

TOGETHER:

- 7** Write the agreement (Review it in 2–4 weeks)