

# **Fighting Tactics You Use Worksheet**

## **Step 1: Acknowledging your own mistakes**

Learn to accept the tactics that you use during a fight, e.g bringing up the past and taunting the other partner.

## **Step 2: Sit Together & Communicate**

Effective Communication is the key to strengthen the relationship stronger and make it grow.

## **Step 3: Develop Some rules**

Mutually sit together with each other as a couple and decide that no matter whatever happens both of you will follow these rules. These are some basic rules, you can always create your own as desired and needed.

- Rather than losing a relationship, it's better to lose an argument
- One thing at a time
- Watch your tone
- Never disrespect each other
- Never cross a boundary
- Express your feelings, how you feel not your anger
- Empathize with each other
- Understand each other's perspective
- Don't hit at each other's weaknesses
- Don't bring Past issues, Past is past, leave the past issues in the past. Focus on the presents

## **Step 4: Follow the rules & Try to see the situation from another perspective:**

When you are too much engrossed in a situation, you often tend to overlook the bigger picture and emotionally disengage yourself from the current situation, and view things objectively. So try doing that and try to empathize with our partner.