

My Fair Arguing Guidelines

1. I won't be abusive
Abuse will not resolve issues.
2. I Will discuss issues when we are both up for it
Don't insist on discussing things when one of you does not want to.
3. I will stick to the present
Don't dredge up past mistakes and faults
4. I will stick to the subject
Keep your points to the discussion in hand – don't bring up all other issues.
5. I won't hit below the belt
Don't try and score points using things that you know hurt them
6. I will keep things in proportion
If you give ground is it the end of the world?
7. I won't walk away because I have decided the argument is over
8. I won't try to win at all costs
Arguments don't need winners and losers they need working out – compromise, listen to their viewpoint even if you don't agree.
9. I will respect my partner's feelings – they are important too
10. I will look out for my danger signals and use more helpful