



HOW TO FIGHT FAIR CHEATSHEET

1. STRIKE WHEN THE IRON IS COLD

Bring up the issue when things are going pretty well.

2. AVOID USING EXAGGERATIONS

Try not to use words like “always” and “never”.

3. AVOID JERKY BEHAVIORS

This means things like: calling names, yelling, nasty body language, silent treatment + tit for tat.

4. USE I STATEMENTS

Own your feelings and reactions. “I feel this when you that.”

5. HAVE A THEME

Avoid the dark hole of blaming and defending small examples with staying at 30k feet.

6. WHEN YOU'RE ON THE RECEIVING END RECEIVE IT!

Practice listening and then paraphrasing what your partner says.

7. LEARN TO APOLOGIZE

1. Acknowledge what you did wrong. 2. Apologize for it or for how you came across. Say what you're sorry for. “I am sorry that I _____ and it caused you to feel _____.”

8. ACCEPT THE APOLOGY FOR GOODNESS SAKE!

If you were apologized to: RECEIVE IT, BELIEVE IT + ACCEPT IT. Use words like thank you and I forgive you or I accept your apology.



DR. JOHN VAN EPP

John Van Epp has been teaching people how to have healthy relationships for over 20 years. He has trained tens of thousands of instructors in his innovative relationship education programs worldwide. And hundreds of thousands of people have participated in his programs. His relationship programs are used by all branches of the United States Military, non-profits, and coalitions. He has been featured in: Time Magazine, Psychology Today, O Magazine, Cosmopolitan and the Wall Street Journal; and he has appeared on the CBS Early Show, the O'Reilly Factor, Fox News, and Focus on the Family. He is also the author of *How to Avoid Falling in Love with a Jerk*.

DR. MORGAN CUTLIP

Morgan Cutlip has been a lover of all things relationships from a very young age. Her work centers around creative content development for Love Thinks as well as research on the Love Thinks programs. Morgan has a particular passion for helping her generation of Millennials find love, happiness, and longevity in their relationships. Oh yeah she has done several studies on the Love Thinks programs as well as research on the high divorce rate of female soldiers.



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