

Guidelines for Disagreements

1. Give views clearly & calmly. Listen to your partner's views.
2. Avoid name-calling and accusations. Never use physical violence.
3. Talk as adult to adult and do not assume either the role of a parent or counselor.
4. Leave children & relatives out of our problems, either as allies or referees.
5. Do Not freeze your partner out with the silent treatment.
6. Leave old arguments out of the discussion and stick to the issue at hand.
7. Agree to not attack your partner in his or her most vulnerable areas.
8. Keep disagreements away from the table and out of the bedroom.
9. Agree to settle things before bedtime.
10. Call a truce when either you or your partner ask for it.
11. Pick a good time.
12. Agree to spend five minutes each day thinking positively about your partner.
13. Agree to use "I" language when addressing your partner.
14. You will agree to believe that in every decision your partner has your best interest at heart and will not purposefully harm you in any way.
15. We agree to regulate our emotional reactivity or leave the room.

Signature: _____ Date: _____

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