

GUIDELINES FOR DISAGREEMENTS

1. Giving my views clearly and calmly.
2. Listening to your views carefully.
3. Avoiding name-calling and accusations.
4. Never using physical violence.
5. Talking as adult to adult and not assuming either the role of a parent or counselor.
6. Leaving children and relatives out of our problems either as allies or referees.
7. Not freezing you out with the silent treatment.
8. Leaving old arguments out of the discussion.
9. Sticking to the issue at hand.
10. Agreeing to not attack you in your most vulnerable area.
11. Keeping disagreements away from the table and out of the bedroom.
12. Agreeing to settle things before bedtime.
13. Calling a truce when either you or I ask for it.
14. Picking a good time.
15. Agreeing to spend five minutes each day thinking positively about you.
16. Agreeing to use "I" language when addressing you.
Instead of . . . You make me so angry!
Try . . . I am angry!, will you help me with it?
17. I will agree to believe that in every decision you have my best interest at heart and will not purposefully harm me in any way.

I agree to implement these principles in my marriage.

Husband

Date

Wife

Date