

# The Fight Fair Contract

**By signing this contract I am making a commitment to myself, my intimate other, and the therapist to follow the strategies listed below:**

- I will arrange an appropriate time with my mate to have a discussion; a time where both of us are feeling fresh and relaxed. I will not start a difficult discussion when either of us are too hungry, angry, lonely, or tired (HALT).
- I will think before I speak or act . Before starting to discuss a difficulty in the relationship I will ask myself “How important is it”. We all know that the vast majority of such difficulties are over something that is trivial!
- I will use a softened start up and not a critical attack on my mate.
- I will make no dramatic exits.
- I will be respectful of my partner
- I will listen carefully
- I will use “I” statements not “you” statements to avoid blaming and generalizing
- I will keep personalities out of it. I will deal with behaviors only.
- I will keep my statements short
- I will stick to the current issue or problem, I will not bring up baggage from the past
- I will constantly remember that my objective is to come to a mutually acceptable solution
- When confronted unexpectedly, or if my emotional reaction becomes too strong, I will use emotional regulation strategies such as:
  - Stop, Breathe Deeply, Reflect
  - Positive self talk e.g. “I can handle this”
  - Time-out procedure.

Signature \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

Witness signature \_\_\_\_\_

Date \_\_\_\_\_