



# **TEN STEPS TO FIGHTING FAIR**

## ***Practical Application of the Scream-Free Marriage***

Wednesday Night Young Adults Class (November 14, 2012)

***GULF SHORES CHURCH OF CHRIST***

***Teacher: Ray Reynolds***

### **#1 = RESPOND TO THE ARGUMENT**

Fatal errors are made in the first 30 seconds of an argument.

Take one another seriously and be ready to respond in a non-threatening way.

### **#2 = BE ALERT & LISTEN CAREFULLY**

Pay attention to what is said and done so that you can make a rational decision.

The battle lines need to be drawn clearly, so put down the remote and make mental notes.

### **#3 = THINK IT THROUGH**

You have to make a decision as to how to proceed, so THINK before you SPEAK.

Keep your emotions in check and decide what specifics need to be addressed and how.

### **#4 = ADDRESS THE PROBLEM QUICKLY**

Practice "kissing the hurt" and "bandaging the wounds" without salt.

Try your best to see things from their point of view, because their opinions matter.

### **#5 = SYMPATHIZE & DO NOT BLAME**

Make a conscience effort to show your concern by apologizing and sympathizing.

Do not blame the other person for your own mistakes or misunderstandings.

### **#6 = USE REPTITION & FOGGING**

Reiterate the fact that "I" misunderstood, "I" am sorry, "I" will try harder, etc.

If you are not in the wrong and the argument is getting nowhere use the fogging technique.

### **#7 = CALM DOWN**

Don't threaten. Don't scream. Don't use physical force. Fight a clean fight!

A good practice would be sitting down, opening up, and making eye contact.

### **#8 = GROW UP**

Don't leave the fight without permission (in thought, word, or action).

Don't act immaturely in an attempt to gain control.

### **#9 = GET CLOSER**

Evaluate the outcome of the argument: "What can we do about this now? How can we grow closer together because of this? How can we understand each other better?"

The objective is not to win, but to maintain a mature level of communication.

### **#10 = PRAY**

Take some quality time and pray together about it.

Invite God to do His part to make your marriage stronger!