

Fight Plan

Ephesians 5:33(NIV) ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Every fight needs to have a plan that includes boundaries and rules. Use the following method as a guide to help navigate you through your next fight in a way that is healthy.

FIRST STEP: *Stop Being Destructive*

Check all boxes below that reflect only **your behavior** during arguments. Make a commitment to eliminate the (sinful) behavior and repent when you relapse. Start implementing words such as I feel... or I need... This approach is far more effective, less offensive and will get a much better response.

- | | |
|---|---|
| <input type="checkbox"/> Calling names | <input type="checkbox"/> Pointing fingers |
| <input type="checkbox"/> Slamming doors and stomping off | <input type="checkbox"/> Pushing or hitting |
| <input type="checkbox"/> Throwing items, punching walls | <input type="checkbox"/> Swearing |
| <input type="checkbox"/> Stonewalling or the silent treatment | <input type="checkbox"/> Yelling |
| <input type="checkbox"/> Using words: You Always, You Never, YOU..... | |

SECOND STEP: *Start Being Constructive*

Identify (the one to address an issue by sharing your concerns)

- Share your version with respect.
- Be brief and allow your partner to repeat what they are hearing you say.

Clarify (the one to take the role of being a good listener)

- Hear them out. Clarify by repeating back to them what you heard them say.
- Do not rebut, get defensive or get angry. Control your body language.

Once you finished sharing on your behalf, give your partner the opportunity to share. Roles are now reversed. Follow the same steps to *Identify* and *Clarify*.

The ‘**Fight Plan**’ is not a tool to solve problems. It is a tool to ensure each of you is being “heard”. Let time go by before you attempt to solve the problem. In the meantime, keep an open heart and mind, so when you do discuss the issue, the spirit of compromise is present.

