

The Fighting Fair Guide

Do I Want To Resolve The Conflict?

Be willing to fix the problem.

Can I See The Whole Picture Not Just My Own Point Of View?

Broaden your outlook.

What Are The Needs And Anxieties Of Everyone Involved?

Write them down.

How Can We Make This Fair?

Negotiate.

What Are The Possibilities?

- a. Think up as many solutions as you can.
 - b. Pick the one that gives everyone more of what they want.
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Can We Work It Out Together?

Treat each other as equals.

What Am I Feeling?

- a. Am I too emotional?
 - b. Could I – get more facts, take time out to calm down,
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tell them how I feel?

What Do I Want To Change?

Be clear. Attack the problem, not the person.

What Opportunity Can This Bring?

Work on the positives, not the negatives.

What Is It Like To Be In Their Shoes?

Do they know I understand them?

Do We Need A Neutral Third Person?

Could this help us to understand each other and create our own solutions?

How Can We Both Win?

Work towards solutions where everyone's needs are respected.

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