

Game of Life: Rules for “Fighting Fairly”

1. IDENTIFY the Problem. (Don't Assume Anything)
2. FOCUS on the Problem. (Don't Take Anything Personally)
3. Attack the problem, NOT THE PERSON. (Be Impeccable with Your Word)
4. LISTEN with an OPEN MIND. (Don't Assume Anything)
5. Treat everyone's FEELINGS with RESPECT. (Be Impeccable with Your Word)
6. TAKE RESPONSIBILITY FOR MY ACTIONS. (Always Do Your Best)

First Agreement Violations: **FOULS! FOULS! FOULS!**

*Gossiping ▪ Lying ▪ Blaming ▪ Sneering ▪ Interrupting
Getting Even ▪ Bringing up the Past ▪ Threats ▪ Hitting
Put Downs ▪ Bossing ▪ Making Excuses ▪ Name Calling*

If you are doing any of these violations, you are part of the problem that needs to be solved.

COMMUNICATION THAT WORKS

- I can't control others. I can only control and change myself.
- If I want respect, I must give respect.
- I show respect by taking complaints directly to a person to solve & not airing it with others before or after.
- I must think of what I want or need, then ask for it simply.
- I can ask the person I'm talking with what they think I said; if I feel misunderstood I will re-explain in a new way.
- I will use “I statements”: “When you do (say a specific action), I feel (a specific emotion). This sends **trigger behavior** back to the person, (but my emotion is still my choice).
- Remember my body language speaks loudly and does most of my talking.
- Speak up for Caring, Peace, and Love.