

# 6 Ways To Fight Fair

Resolving conflict is critical to the health of any relationship.

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**Try this process the next time conflict arises:**

- Speak up before something becomes a major issue
- Adopt an attitude of seeking a solution that's amenable to both parties - not trying to win
- Be clear about what's really bothering you. Address behaviors.
- Listen to the response. Repeat their ideas to show that you understand.
- Brainstorm a solution together
- Forgive and move on when a solution is reached