

# Fight Sheet

The first rule of Fight Sheet is that you share Fight Sheet with your partners and create it together so it includes both sides of the story. This is a companion to a podcast episode about conflict. You can find the episode here: <http://getitdone.quickanddirtytips.com/resolve-relationship-conflict-quickly.aspx>.

## IT'S YOUR TURN TO BUY PAPER TOWELS.

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A: We're out of paper towels. You used the last roll.

B: No, I didn't.

A: I lived on my own for years before we met. I know my own behavior patterns. I *never* use the last paper towel without replacing it next time I'm out.

B: Well, I didn't do it.

A: I just bought a 12-pack of toilet paper towels last month.

B: How about whoever's out next buys new ones?

A (escalating): You drive me nuts. You never clean up after yourself or take care of your household chores.

B: You're blaming and attacking me. Stop it.

A (blaming and attacking): I'm not blaming and attacking. I'm just saying the truth. (Gives long laundry list of selective memory times when X behaved certain ways.)

B (sighing): Take a deep breath and calm down.

A (yelling): I *am* calm!

B: I'll sit here until you breathe deeply.

A (breathes deeply): Ok. I'm calmer. I'm running out for an errand.

B: Why not get some paper towels on your way?

A: Ok.

### **Key points (when you don't have time for the full argument):**

A: It's not my fault. It's all your fault. You don't replace the towels.

B: It's not my fault. Why don't we each try to remember and whoever gets towels, gets towels.

## WE'RE NOT GOING TO MOTHER'S HOUSE AGAIN!

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A: Mom is having the triplets home for a get-together this weekend. We'll be expected to attend.

B: Expected? I have other plans. They can have a weekend without us.

A: It's a family obligation. We have to go.

B: But this is the weekend the (insert cute animal story here, like, "dolphins swim the harbor"). I can't miss it!

A: You say that every year!

B: It's true every year!

A (escalating): You just want an excuse not to spend time with my family because you hate them.

B (being especially stupid): You're right, I do! I don't see why we have to spend so much time with them.

A: Because it's important to me. If you loved me, you would cancel your fishing/hiking/swimming/playing/Comic-Con trip.

B: You never give me any time to myself. You're always trying to control my life. I feel so stifled.

A: That's only because you overcommit yourself. I'm going and I expect to see you there, or you'll be single by this time next week.

B (storms out the door): I'm going to the bar with Jo, Maneesh, Frederick, Ankila, and Boris. See you later.

### **Key points (when you don't have time for the full argument):**

A: We have family obligations. We have to attend. You hate my family. I'm going to break up with you.

B: I don't feel obligated. I want more time with my friends. You're stifling me.

## HOW DARE YOU MAKE THIS INTO A FIGHT.

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(May be conveniently combined with any other fight.)

A: You're causing a fight.

B: You're ignoring the real issue and trying to deflect it by blaming me for fighting.

A: We have to calm down before we can discuss the "real issue."

B: No we don't. If we discuss the real issue, I *will* calm down.

A: No, you won't. Calm down, then we can discuss it.

### **Key points:**

A: You're causing a fight. We have to fix it before we can continue our discussion. Calm down.

B: You're changing the subject. Discussing it *will* fix it. I won't/can't calm down until we've resolved the original fight.