

Fighting Fairly in a Relationship

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Conflicts are bound to arise in any relationship in which both parties are expectant of each other. Fighting fairly and making up after that brings two people closer. They understand each other more after knowing their areas of conflict and how to resolve them. But fighting is healthy only if it is fair. Psychologists often look at the way a couple fights to analyze their relationship rather than how often they fight. Fair fighting can strengthen a marriage or a relationship and make it healthier.

Fighting fair means that you have to stick to the point where argument started. Don't remind of your partner of their previous misdoings or areas where you have had conflicts before. Pay attention to what your partner has to say. Don't just discard it as something which is not important. While fighting fairly you have to resolve matters, not further complicate them. If an argument continues for more than 20 minutes call an end to it and restart your argument by bringing in the important point. If you are uneasy about a thing and you want to discuss it with your partner, then do it within 24 hours. If you have overlooked the matter and time has passed, then keep your mouth shut about it. If you start a fight just for the heck of it and keep bringing up topics that have long died, you will never be able to fight fairly. Keep the fight between the two of you. Don't blame your partner for something someone else has done. Also don't bring in past issues in your fight. Try to control your temper and don't use a sarcastic tone to prove your point. Look your partner in the eye if you're accusing them for something. Don't introduce lies just to win. Listen to each other fully and don't interrupt while the other person is speaking. Physical contact can sometimes dissolve even high levels of temper. If you want to resolve a matter earlier, try to be as close to your partner as possible and hold hands if you can. This way your point will be understood by your partner more easily and you will be able to fight fairly. If you think you have made a bad comment immediately apologize and be sincere in offering that apology. Try to bring in humor in the fight but don't exaggerate. If you don't fight fairly you are going to hurt your partner at some point during your relationship. Make it a habit to fight fairly every time a problem arises. It will not only make you satisfied but also help to bring you two even closer.