



# ARGUING FAIRLY

In relationships and friendships, you don't always agree - it's a fact of life. What's important is that you argue in a fair manner. Not sure what that means? Check out the chart below!

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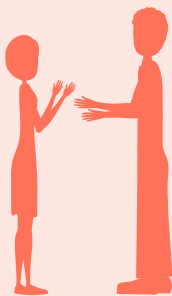
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## UNFAIR ARGUING

- Yelling or over-talking
- Becoming physical or threatening violence
- Name-calling and insults
- Getting in the person's face
- Blaming the other person
- Ignoring the other person or shutting down

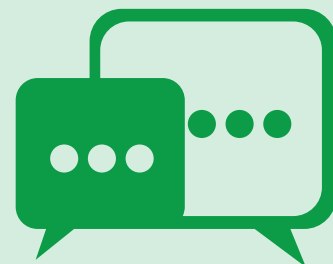
Sometimes when we argue we are more focused on being right and getting our point across. Arguing in this way is one-sided and doesn't focus on the problem. We may even leave the argument angrier than when it started.



## FAIR ARGUING

- Listen before responding
- Remain calm
- Express how it made you feel instead of blaming
- Know when to walk away
- Focus on the solution rather than the problem
- Remember it's okay to agree to disagree

Arguing fairly can be difficult. It may take some work to be great at it, but it's important to practice. When both people express how they feel and listen to the other person, the argument can lead to a better solution.



Remember, arguments take two people. If only one person in the relationship is arguing unfairly by yelling, constantly blaming, or putting their partner down, that can be considered abusive behavior. For more information on warning signs of abuse and healthy relationships, visit [breakthecycle.org](http://breakthecycle.org).