

Fighting Tactics You Use

Write down the tactics you both use in fighting. Start by acknowledging your own tactics (both the fair and the dirty tactics):

“When I want to win a fight, this is what I do ...”

“When my partner wants to win a fight, this is what he/she does ...”

Preferred Tactics And Ground Rules

Complete the following sentences, and then share your answers with your partner.

When we're having a fight --

I'd like you to accept me doing this:

I want to stop myself from doing this:

I'm willing to accept you doing this:

I want you to stop doing this:

Chasing And Running

Discuss chasing and running (as described in chapter 15 of ACT With Love). Share your answers with your partner.

Runners: When do you run? How do you feel immediately before you run? Why do you run? How do you feel when your partner chases you?

Chasers: When do you chase? How do you feel if your partner runs away? Why do you pursue? How do you feel when you're chasing?

Now put yourself in your partner's shoes. Think hard about what that would feel like. Write down what you imagine it must be like for them when they're running away or chasing after you: