**Fighting UNFAIR**

**Methods that lead to Unproductive/Foolish Fighting**

Foolish fighting usually goes nowhere – just around and around – resolving nothing. Communication may escalate into violent behaviors. Here are some behaviors that are sometimes chosen in conflict resolution that are unproductive.

1. Change the rules mid-game. Don’t stick to the agreed format for the discussion.

2. Bring up past problems and issues. Even if you have never mentioned them before. Use sex to cloud the issues-“you never give me sex.”

3. Raise your voice to get the upper hand and feel powerful.

4. Step closer and raise your hand or point your finger to intimidate your partner and make them take you side.

5. Interrupt your partner so that they cannot voice their concerns completely.

6. Pretend to not be listening

7. Really don’t listen to your partner, spend the time they are talking thinking of what you will say back to them.

8. Make sure your partner knows YOU are right and they are WRONG.

9. Call names and label behavior as “mental” or “dumb”.

10. Say, sarcastically, something like-“YOU are so right I am just scum.”