

Fair Fight Boundaries

Simple rules that keep arguments safe and respectful.

Use these boundaries anytime a conversation feels tense or emotional.

Boundary 1 - No name-calling.

Attack the problem, not the person.

Boundary 2 - No interrupting.

Let the other person finish their full thought.

Boundary 3 - No yelling.

Lower volume equals lower threat.

Boundary 4 - No threats or ultimatums.

They shut down connection instantly.

Boundary 5 - Take breaks before boiling over.

Say: "I need a short pause. I'll be back in a few minutes."

Helpful Prompts

Use these prompts during heated moments:

- I want to talk, but I need us both to feel safe.
- Let's slow this down a bit.
- I'm trying to stay respectful - can we reset?
- Let's stick to one issue at a time.

Helpful mindsets:

- Same team, same goal.
- We're solving a problem, not winning a battle.
- Curiosity over certainty.
- Safety over speed.

Repair Phrases

Use these repair phrases to reconnect after a boundary slip:

- I raised my voice. I'm sorry - let's restart.
- I interrupted you. Please finish your thought.
- I didn't handle that moment well. Let me try again.
- Thank you for sticking with me - I want to get this right.

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