



WIFEMOMGRIND.COM

Clean Fight

Speaker (Remember the listener should repeat what they heard you say after each step)

1. State the problem / behavior. "I notice..."
2. State why it is important to you. "I value..."
3. Fill in the following sentence: "When... I feel..."
4. State clearly, respectfully, & specifically your request. "Would you be willing to..."

Listener

5. Consider the request. Briefly share your perspective on it.
e.g. It makes sense...
6. Are you willing to do all of it, part of it, or none of it?

Speaker

7. Agree on request OR Offer an alternative (not more than 3 times).