

FAIR FIGHTING SELF ASSESSMENT

Read each statement and circle the number that best corresponds to your current behavior.

1= strongly disagree 2 = disagree 3 = neutral 4 = agree 5 = strongly agree

1. I use "I" statements rather than "you" statements when addressing an issue with you.

1 2 3 4 5

2. I stick to the current problem and refrain from bringing up other grievances.

1 2 3 4 5

3. I discuss mainly the present and the future when discussing a problem.

1 2 3 4 5

4. I refrain from using "always", and "never" when bringing up a problem.

1 2 3 4 5

5. I allow the other person to state their point of view without interrupting.

1 2 3 4 5

6. I tend to correct the other person when I don't think that they get the facts right.

1 2 3 4 5

7. I point out areas of agreement or similarities when dealing with an issue we disagree on, as a place to begin our discussion.

1 2 3 4 5

8. I tend to focus on what is wrong and bring up examples of that so that they can understand what I am saying.

1 2 3 4 5

9. I tend to focus on what we disagree on and try to give them reasons to get them to agree with me.

1 2 3 4 5

10. I express my feelings rather than dramatize them.

1 2 3 4 5

11. I take a mental or physical time-out before the conflict escalates.
1 2 3 4 5
12. I tend to reason with the other person to try to get them to see it the way I do.
1 2 3 4 5
13. I try to understand the other person's thoughts and feelings about the conflict.
1 2 3 4 5
14. I tend to try to give the other person advice or suggestions on how they could fix the problems we are having.
1 2 3 4 5
15. I tend to focus on the past and have a hard time getting over it.
1 2 3 4 5
16. I try to tell the other person what behaviors I don't like, and give them an idea of a behavior that would be acceptable in its place.
1 2 3 4 5
17. I have a hard time letting the other person have space if a conflict isn't fixed.
1 2 3 4 5
18. I tend to withdraw and isolate in a conflict.
1 2 3 4 5
19. I stay calm and talk in a normal voice even when I get excited or stressed out.
1 2 3 4 5
20. I try to refrain from using blaming or shaming statements about the other person's behavior.
1 2 3 4 5

If you have a total score of 60 or less, then you may want to consider going to a professional to assist you in fair fighting skills.