

HOW TO USE THIS TEMPLATE

Healthy relationships aren't about avoiding conflict—they're about handling it well. This template helps you set clear ground rules so disagreements stay respectful and productive.

1. Pick Your Rules Together

Talk through what boundaries help keep fights fair. Do this when you're both calm, not mid-argument.

2. Write Them Down

Record your rules clearly on the template. Having them written gives you both something to return to when things heat up.

3. Revisit Over Time

Check in on your rules every few months and adjust as needed. This is a living agreement, not a one-and-done.

Example Rules

- No fighting after 10 p.m.
- No fighting on an empty stomach
- No mocking or name-calling
- No raised voices
- Either person can call a time-out and must suggest when to resume
- If a rule is broken → 24-hour time-out, and both stay friendly during it

The goal isn't to win the argument—it's to protect the relationship while working through it.

RULES FOR FIGHTING

hello calm™

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