

Dirty Fight Tactics Worksheet

Make two copies of this worksheet, so that you and your partner can each fill it out. Without discussion or consultation with your partner, first check the boxes under “Partner’s” dirty fight tactics that you believe that your partner uses. Then check the boxes under the column “Mine” to identify the dirty fight tactics that you use.

When you have identified your own and your partner’s dirty fight tactics, share them with each other by comparing the items you identified for your partner against the ones s/he identified for himself/herself. Then compare the items you identified for yourself against the ones your partner identified for you.

How did they compare?

Where were you in agreement? Where did you disagree?

Which are the most destructive dirty fight tactics that you both use?

Each partner will identify the most destructive tactics that they use and will make a commitment to the partner to eliminate those tactics.

Give each other feedback on positive gains in eliminating dirty fight tactics.

The Dirty Fight Tactics Worksheet

Identify your partner's and your own dirty fight tactics.

Mine	Partner's	Tactic
		1. Name calling
		2. Criticism, character assassination
		3. Digging up the past
		4. Laundry list
		5. Ridiculing, shaming
		6. Hitting below the belt
		7. Ignoring
		8. Devastating with humor
		9. Placating
		10. Sarcasm
		11. Passive aggression
		12. "The Look"
		13. Guilt trips
		14. "If it weren't for you ..."
		15. Triangles
		16. Turning the tables
		17. Nagging
		18. Withdrawing
		19. Blaming
		20. Hit and run
		21. Pouting or the Silent Treatment
		22. Playing psychiatrist
		23. Pretending to agree
		24. Premature apology
		25. Ambush
		26. Minimizing
		27. Intellectualizing
		28. Violence—verbal, physical, emotional
		29. Using sex, money, or kids for power
		30. Last word
		31. Legends (i.e., "You're just like your father")
		32. Getting even, sabotage
		33. Lying, half-truths
		34. "Yes, but..."
		35. Mind reading
		36. Fortune telling
		37. "I told you so"
		38. Generalizations (i.e., always, never, "men are....")
		39. Shoulds

*These are but a few of the dirty fight tactics possible.

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