

FIGHT FAIR WITH FRIENDS

WHY IS THIS FRIENDSHIP IMPORTANT TO YOU? WHAT ARE YOUR FRIEND'S POSITIVE QUALITIES?

WHICH FEELINGS DID THE FIGHT BRING UP FOR YOU?
"I FEEL..."

WHAT ARE YOUR NEEDS OR VALUES THAT ARE AT RISK?
"BECAUSE I NEED..."

WHAT ARE YOU WILLING TO TAKE RESPONSIBILITY FOR?
"I'M SORRY I (DID/DID NOT)..."

WHAT DO YOU NEED FROM YOUR FRIEND? WHAT WOULD MAKE THIS FEEL RESOLVED FOR YOU?

TAKE NOTES ON WHAT THEY SAY. INCLUDE FEELINGS, NEEDS, AND WHAT THEY ASK FOR. PUT AN *ASTERISK* ON WHAT SOUNDS FAIR