

You're Sober - Now What? A 12-week Series  
QUESTIONS REGARDING TRADITION THREE

1. DO MY *ACTIONS* SAY THAT I AM 100% COMMITTED TO MY CLOSE PERSONAL RELATIONSHIPS?
2. DO I ASK A *GOD* OF MY UNDERSTANDING TO KEEP ME IN A LOVING AND COURTEOUS ATTITUDE ONE DAY AT A TIME?
3. AM I WILLING TO DO THE WORK NECESSARY TO HAVE HEALTHY RELATIONSHIPS?
4. WHAT EXACTLY DO I MEAN BY "WORK"? DOES IT INVOLVE ME WORKING ON ME AND NOT THE OTHER PERSON?
5. DO I CONCENTRATE ON WHAT I CAN BRING TO A RELATIONSHIP RATHER THAN WHAT I CAN GET OUT OF IT?
6. DO I KNOW HOW TO COMMUNICATE, OR DO I JUST TALK?
7. AM I ABLE TO SHARE MY FEELINGS? AM I ABLE TO LISTEN WITH AN OPEN MIND TO THE FEELINGS OF ANOTHER?
8. AM I WILLING TO COMPROMISE?
9. AM I WILLING TO GO THROUGH THE *NORMAL* HARD TIMES IN A RELATIONSHIP (UNEXPECTED LIFE SITUATIONS, DISAGREEMENTS, DIFFERENCES OF OPINIONS, DIFFERENT WAYS OF DOING THINGS) WITHOUT IMMEDIATELY TERMINATING THE RELATIONSHIP AND BLAMING THE OTHER FOR ITS FAILURE?

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FAIR FIGHTING GROUND RULES FOR EACH PERSON:

1. DO I REMAIN CALM?
2. DO I EXPRESS MY FEELINGS IN WORDS, NOT ACTIONS?
3. AM I SPECIFIC ABOUT WHAT IS BOTHERING ME?
4. DO I DEAL WITH ONLY ONE ISSUE AT A TIME?
5. DO I "HIT BELOW THE BELT"?
6. DO I AVOID ACCUSATIONS: "YOU MAKE ME FEEL..."?
7. DO I GENERALIZE: "YOU ALWAYS..."?
8. DO I EXAGGERATE OR INVENT A COMPLAINT?
9. DO I "STOCKPILE"? DO I STORE UP GRIEVANCES?
10. DO I "CLAM UP"? PRACTICE THE "SILENT TREATMENT"

FAIR FIGHTING GROUND RULES FOR THE GROUP:

1. PRINT OUT THE GROUND RULES LISTED ABOVE
2. GIVE A COPY TO EACH PERSON
3. ESTABLISH YOUR MUTUAL GOALS AS A COUPLE
4. SET A SPECIFIC TIME FOR YOUR DISCUSSION
5. STATE THE PROBLEM CLEARLY
6. EACH PERSON SHARE THEIR POINT OF VIEW
7. USE ACTIVE LISTENING SKILLS
8. PROPOSE SPECIFIC SOLUTIONS
9. DISCUSS PROS AND CONS OF EACH PROPOSAL
10. BE WILLING TO COMPROMISE
11. SET A TRIAL PERIOD TO PRACTICE NEW BEHAVIOR
12. BE WILLING TO CONSULT A PROFESSIONAL IF NECESSARY
  
13. ABOVE ALL, SHOW RESPECT FOR YOUR PARTNER IN YOUR WORDS, YOUR TONE OF VOICE, AND YOUR ACTIONS!