

## Setting Limits on Conflict

In every couple's relationship, it is important to define the limits and boundaries of what is and what is not acceptable behavior during a fight. Below, please define these limits for yourself in clear, specific terms. Also, define the limits you would like your partner to have. Be sure to cover such areas as physical behavior, voice tone, ending a fight and what you don't want said.

On the back, list what you negotiate as agreeable to both of you.

1. For me, it is acceptable to do the following during a fight:

2. For me, it is not acceptable to do the following:

3. For you, it is acceptable during a fight to do the following:

4. For you, it is not acceptable to do the following: