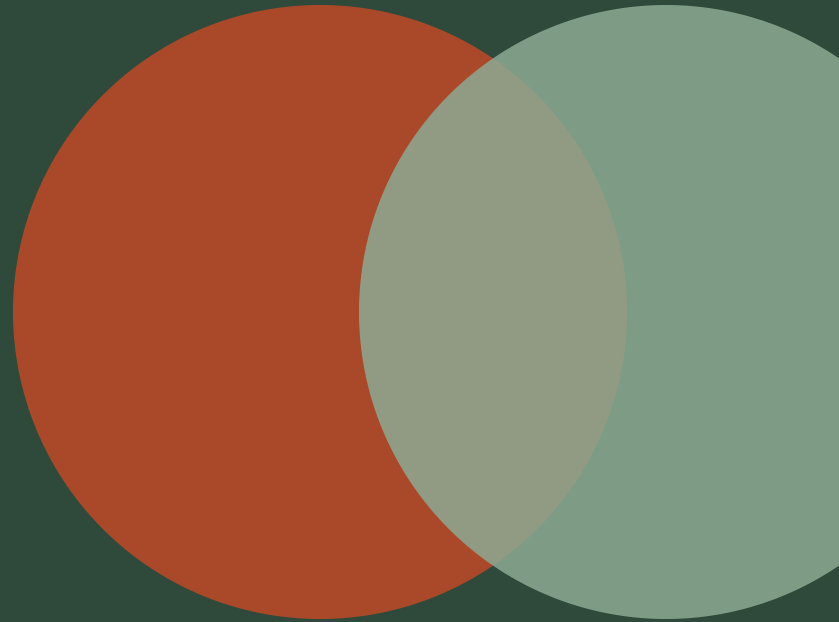




PART 4 OF 7 · THE TALK WITHOUT FIGHTING SYSTEM



The Same-Fight *Map*

Find the two real needs hiding under the argument you keep having, and one small experiment to break the loop.

Every repeat fight hides *two needs*.

The topic is the dishes, or the phone, or your mother. Underneath, one of you needs to feel respected and the other needs to feel appreciated, and the argument keeps missing both. This map gets you underneath.

1 Pick one fight.

Your most frequent one, not your worst one.

2 Fill in your own page, separately.

Partner A and Partner B each get one. About six minutes, no peeking.

3 Share, needs first.

Take turns reading your page, starting with what you need underneath. The listener reflects back before answering.

4 Fill in the shared page together.

Find one small experiment to try for one week, then check back.

An example

THE FIGHT	Who does more around the house.
HOW IT STARTS	Dishes left in the sink overnight.
A'S NEED UNDERNEATH	Fairness, and feeling like we're a team.
B'S NEED UNDERNEATH	Rest after work, and not feeling criticized the second I walk in.
THE EXPERIMENT	Dishes are done by 9 pm, whoever didn't cook. No reminders before then.

Print a fresh copy any time an old fight comes back. Works great on a tablet with a stylus, too.

The fight, in one sentence

Keep it neutral, like a headline.

How it usually goes

Describe the loop without blaming.

IT STARTS WHEN...	→	THEN I...	→	THEN YOU...
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What I'm afraid it means

The worry under the anger. "That I don't matter." "That I'm on my own."

What I really need underneath

Circle one or two, or write your own.

Respect	Rest	Fairness	Closeness	Appreciation	Reassurance	Help
Freedom	Security	Being heard	Time together	Trust		

What would help me feel that

Something small and specific your partner could actually do.

My part in the loop

One honest sentence about what I do that keeps it going.

The fight, in one sentence

Keep it neutral, like a headline.

How it usually goes

Describe the loop without blaming.

IT STARTS WHEN...	→	THEN I...	→	THEN YOU...

What I'm afraid it means

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What would help me feel that

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My part in the loop

One honest sentence about what I do that keeps it going.

FILL THIS IN TOGETHER

Our way *out of the loop.*

A needs

B needs

Where our needs overlap

There's almost always something you both want.

Our one-week experiment

One small, specific change. "Whoever didn't cook does dishes by 9." Not "be nicer."

We start on

We check back on

How did it go?

Fill this in at your check-in. Keep it, tweak it, or try a new experiment.