



THE 3 RULES OF

UNFIGHTING



RULE #1

SHARE ON SELF (STATE HOW YOU'RE
FEELING BY STARTING WITH "I")

RULE #2

ANSWER A QUESTION
(DOESN'T MATTER HOW MUCH YOU HATE
THE QUESTION, YOU GOTTA ANSWER IT)

RULE #3

ASK A QUESTION
ASK 'WHAT' OR 'HOW' QUESTIONS (NO
'WHY' QUESTIONS ALLOWED!)



REPEAT...IT WILL GET EASIER

