SESSION FOUR

HIGH BRAIN VS. LOW BRAIN

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DIRTY FIGHTING

HEAVY-HANDED TACTICS	MINE	YOURS	HEAVY-HANDED TACTICS
Sarcasm			Sarcasm
Contempt			Contempt
Bullying (exploding, intimidating)			Bullying (exploding, intimidating)
Criticizing			Criticizing
Lying			Lying
Humiliating			Humiliating
Labeling			Labeling
Mocking, mimicking			Mocking, mimicking
Name calling			Name calling
Ordering			Ordering
Switching the subject			Switching the subject
Counter accusations			Counter accusations
Interrupting			Interrupting
Blaming			Blaming
Diversions (distracting)			Diversions (distracting)
Bringing up more than one issue at a time			Bringing up more than one issue at a time
Taunting, ridiculing			Taunting, ridiculing
Threatening			Threatening
Mind-reading or "psychoanalyzing" your partner			Mind-reading or "psychoanalyzing" your partner
Using "cold logic" to hide from emotional reality			Using "cold logic" to hide from emotional reality
PASSIVE-AGGRESSIVE TACTICS	**MINE**	**YOURS**	**PASSIVE-AGGRESSIVE TACTICS**
Complaining (whining)			Complaining (whining)
Playing poor me			Playing poor me
Playing the martyr			Playing the martyr
Playing the victim			Playing the victim
Disqualifying (I didn't mean to do it)			Disqualifying (I didn't mean to do it)
Stonewalling			Stonewalling
Withholding			Withholding
Denying (I never said that... did that...)			Denying (I never said that... did that...)
Forgetting			Forgetting
Breaking promises			Breaking promises
Playing confused			Playing confused
Exaggeration			Exaggeration
Dragging your feet			Dragging your feet
Keeping score			Keeping score
Making excuses			Making excuses
Pretending your partner is being unreasonable			Pretending your partner is being unreasonable

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