

# RULES OF ENGAGEMENT Worksheet

**MISSION OBJECTIVE:** To navigate conflict without casualties. The goal is **Reconciliation**, not "Winning." "*As far as it depends on you, live peaceably with everyone.*" — *Romans 12:18*

## I. THE HARD DECK (The Non-Negotiables)

*Just like in Top Gun, there is an altitude we do not go below. If the conversation hits this level, we immediately disengage.*

**We agree to NEVER:** [ ] Use the words "You **Always**" or "You **Never**." [ ] Bring up "The Past" (Issues older than 3 months are inadmissible evidence). [ ] Threaten the relationship (e.g., mentioning divorce or leaving). [ ] Call in an "Airstrike" (Personal insults, name-calling, or hitting low blows).

## II. THREAT ASSESSMENT (Pick Your Hills)

*Not every issue is a battle. You only get 5 hills to die on. Is this current issue one of them?*

**Ask yourself:**

1. Is this a matter of Faith, Family, or Freedom?
2. Will this matter in 5 years?
3. Am I fighting for a solution, or am I fighting for my Pride?

*If it is not a "Hill," I agree to stand down.*

## III. TACTICAL PAUSE (De-Escalation Protocol)

*When the Prefrontal Cortex shuts down (anger takes over), we cannot think logically. We must reset.*

**The Protocol:**

- Either party can call a "**Tactical Pause**" at any time.
- **The Rule:** It is a *pause*, not a retreat. We must set a time to return to the briefing (e.g., 20 minutes, after dinner, or after a night of sleep).
- **Action during Pause:** Pray, breathe, and separate facts from feelings.

## IV. THE DMZ (Demilitarized Zone)

*We agree to designate a safe location where peace is prioritized and difficult conversations happen with respect.*

**Our DMZ Location is:** \_\_\_\_\_ (*Suggestion: The Bedroom, The Back Porch, A Specific Table*)

### DMZ Rules:

- No yelling allowed in the DMZ.
- We enter this zone as teammates, not enemies.

## V. SIGNED AGREEMENT

*By signing below, we agree to these Rules of Engagement for the protection of our union.*

**Party A:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Party B:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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