

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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