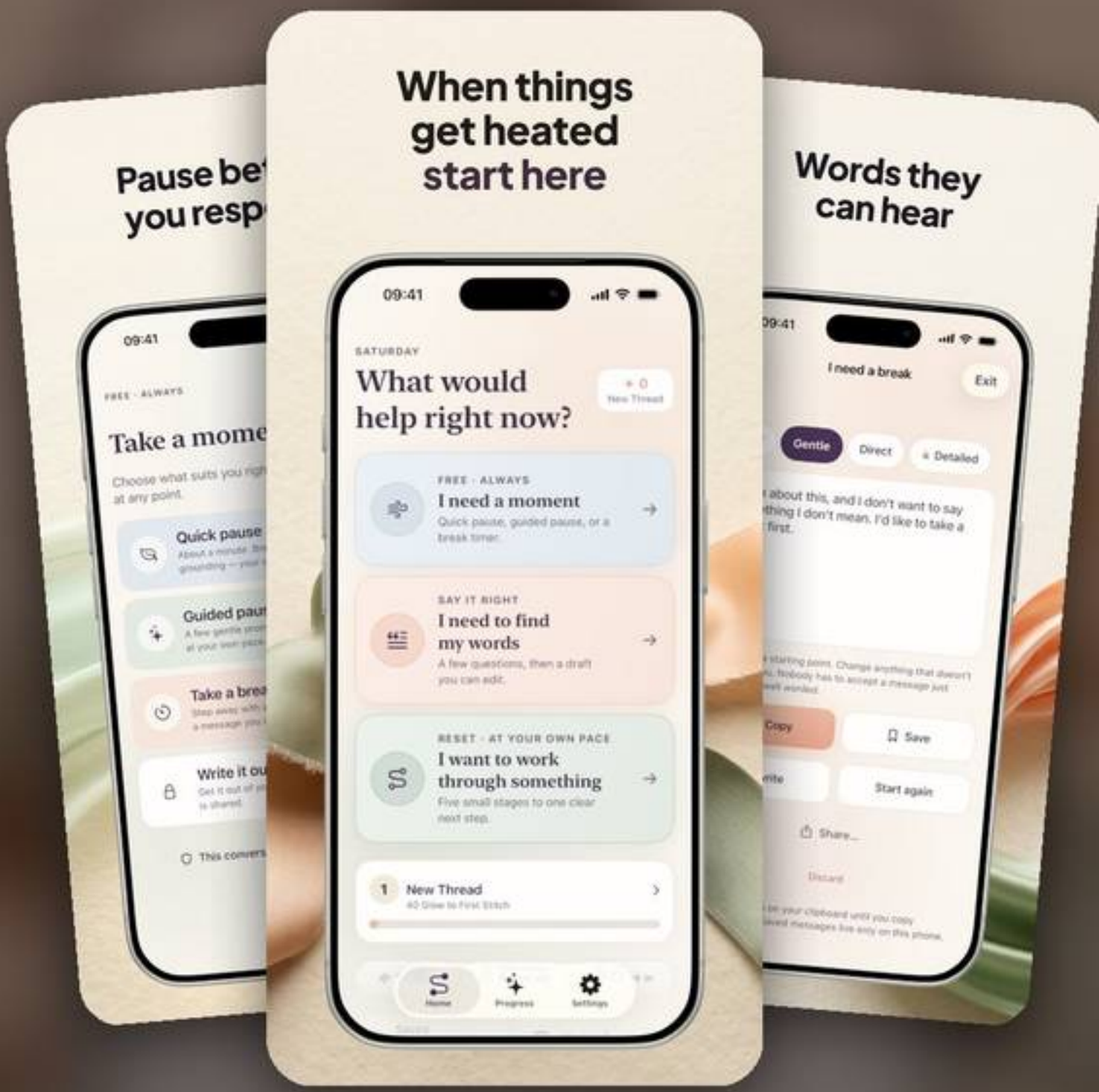
UnFight

When things get heated, start here.



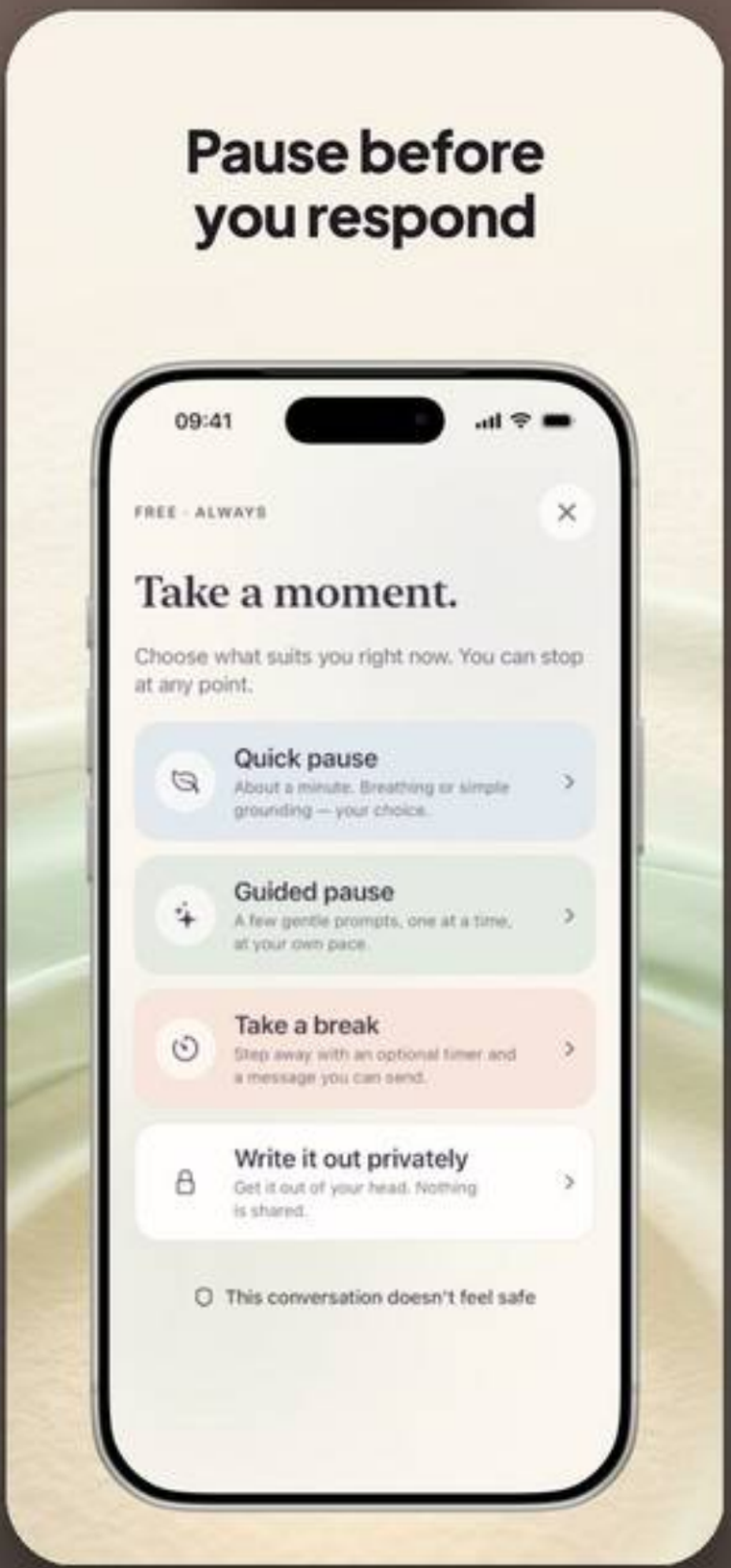
Free on the App Store

iPhone & iPad

UNFIGHT · 01

Calm The Moment

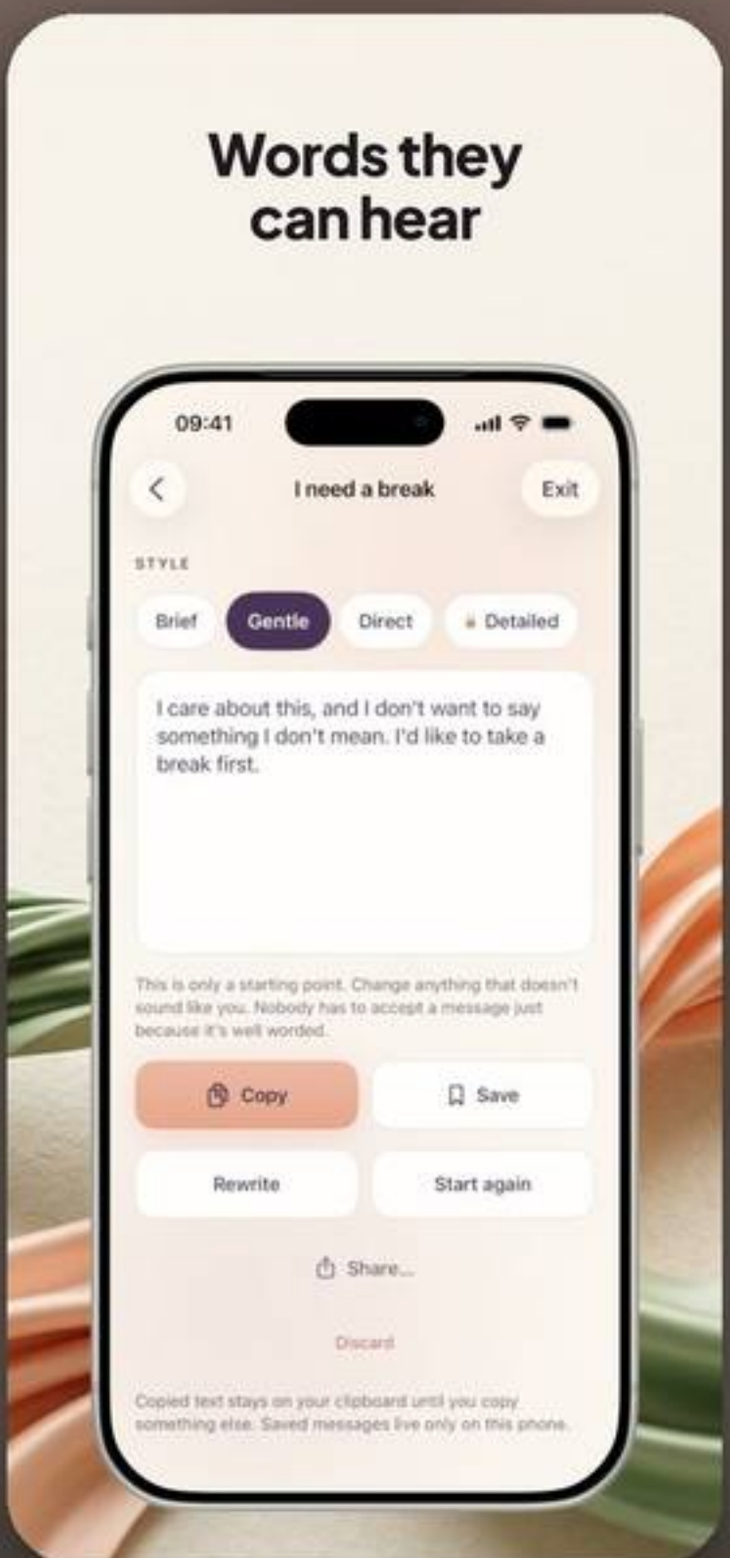
A quick pause, a longer guided pause, or simple grounding if breathing exercises aren't your thing. Sound is off by default; Reduce Motion is supported. Always free, always unlimited.



UNFIGHT · 02

Take A Break

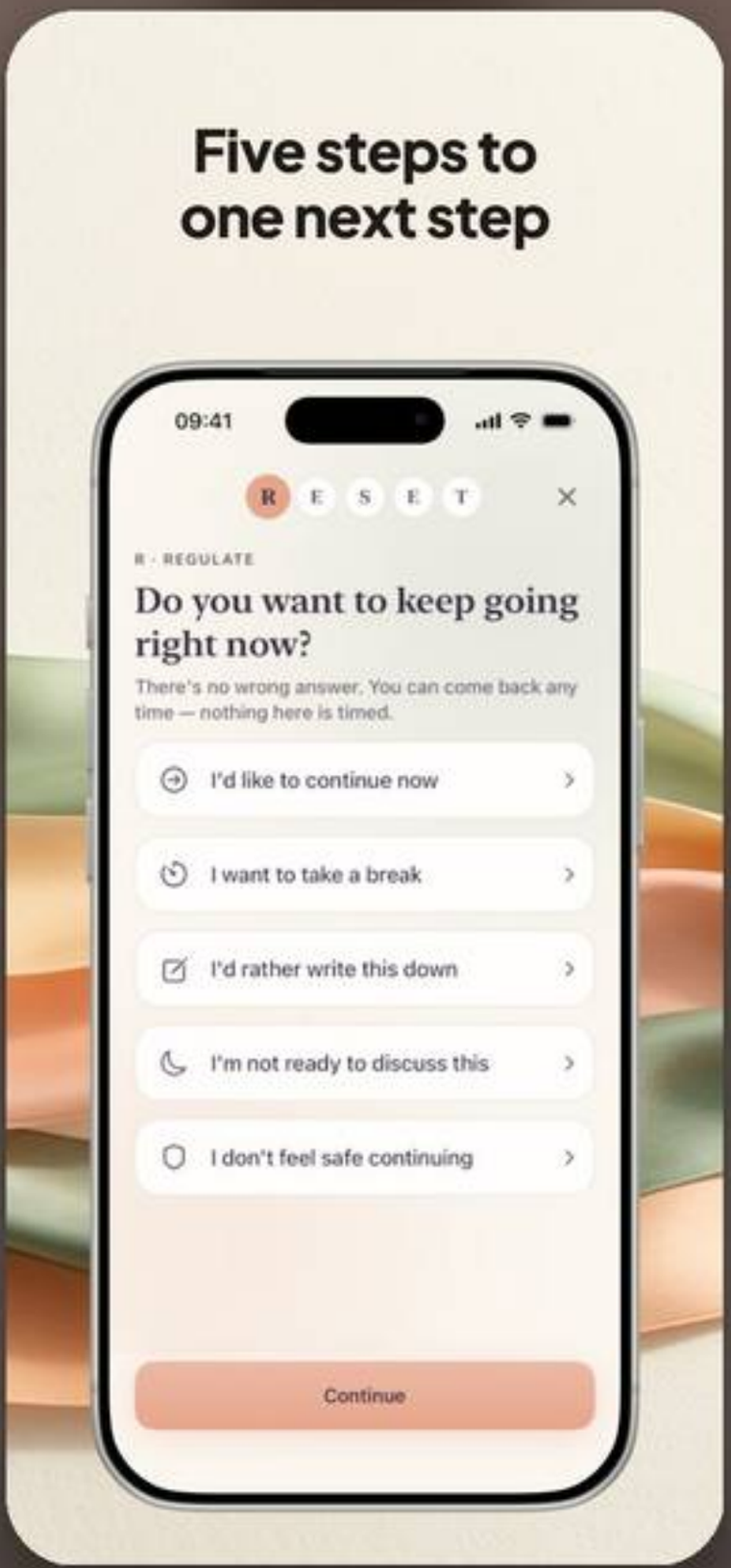
An optional break timer — 5, 20 or 30 minutes, custom, or no timer at all — with an optional private reminder and an editable message you can send if you choose: “I want to continue this when I can give it my full attention.



UNFIGHT · 03

Find Your Words

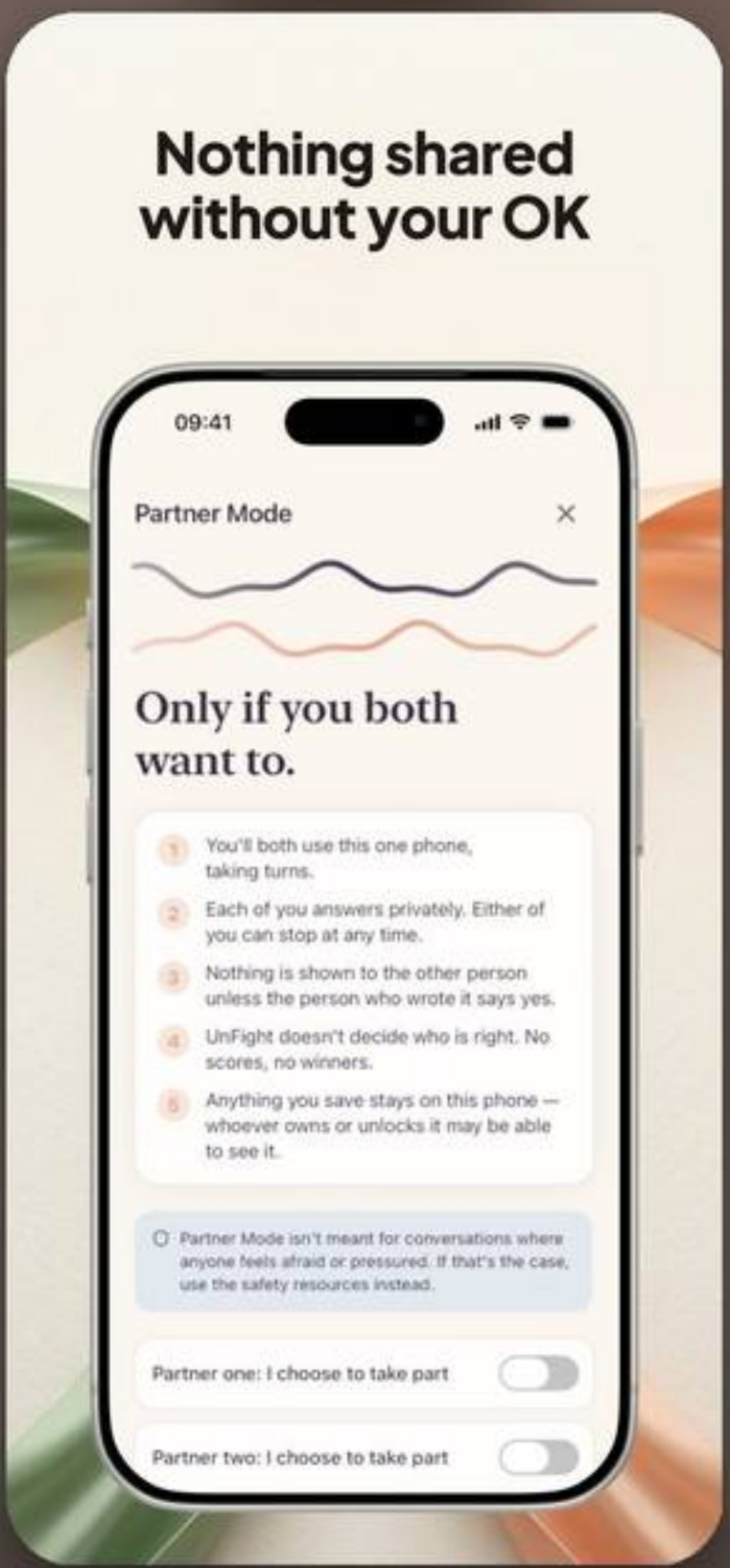
Say It Right covers nine situations: needing a break, feeling misunderstood, apologizing, asking for help, setting a boundary, revisiting something, not being ready to talk, saying thank you and raising a concern.



UNFIGHT · 04

Work Through A Conversation

The RESET Method is five small stages at your own pace, with no countdown: Regulate, Explain, State, Establish, Track. Skip any step, save a draft or stop at any point.





UnFight

When things get heated, start here.

Free on the App Store

Scan with your iPhone camera or tap the button

Honest Little Apps · iPhone & iPad