

Your Fighting Chances

All of a man's feints, jabs, and KOs in the ring of life.

THE
AVERAGE
GUY



Percentage of guys who've been sucker punched

Percentage who've sunk to kicking a guy in the nuts (oof!) **31**

- Top things that make the average guy want to fight:
5. Tie: Someone spilled a secret; a friend cheated with his wife or girlfriend
 4. Someone hurt a loved one
 3. Someone talked trash about him
 2. A trivial matter that escalated
 1. A friend went back on his word

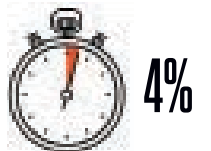


Number of arguments the average guy has with his partner each year about when to have sex



Number of men who've traded blows defending a woman's honor

Percentage who say they didn't lose—they threw the fight **17**



Number of dads who've yelled at their kid's coach

58% Number whose own dads gave them praise for fighting as a kid



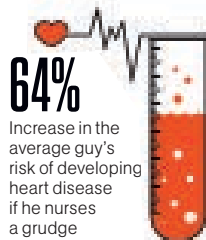
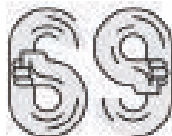
Percentage of men who have had a fight with their wife or girlfriend while behind the wheel

Top reason: One said the other was a bad driver.



TV celeb the average guy is most afraid to verbally spar with

Percentage of men who've intervened to save a buddy from getting pummeled



Increase in the average guy's risk of developing heart disease if he nurses a grudge



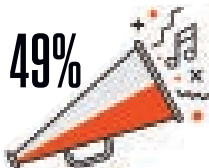
Percentage of men who've fought on social media

Rocky Balboa vs. Apollo Creed
Average guy's favorite classic fight scene



Percentage of men who enjoy posting trollish comments

- Three stupid things *MH* readers have come to blows over:
1. A Halo win
 2. Turkey stuffing
 3. A fart (We told you they were stupid.)



Number of men who've gotten into a shouting match with a coworker

Percentage who badly wanted to coldcock the dude **60**



Percentage of men who dwell on lost fights

Nolan Ryan vs. Robin Ventura
Average guy's most memorable baseball brawl



Percentage of men who think fighting has a place in sports (other than hockey)

57% Number who regularly beat themselves up over dumb mistakes



Number of (deluded) men who think they'd survive a round with Georges St-Pierre

COUNTER THE COLD SHOULDER

Uh-oh: She's gone quiet. Women default to the silent treatment because they've been socialized to keep the peace, hindering their ability to address conflict head-on, says Audrey Nelson, Ph.D., a gender communications expert. First, Nelson says, acknowledge that she's withdrawn. Then, stress the importance of the relationship—and that she needs to speak up if she feels the same way. Now her silence is implicit. Still nothing? Say you're ready to talk when she is—and scam. Then just wait it out. "You'll put everything back on a level playing field," Nelson says.

TRAMPLE A TROLL

When you can't resist engaging with Internet provocateurs, don't waste time trying to burn them back, says Jay Heinrichs, a corporate communications consultant and the author of *Thank You for Arguing*. Instead, he says, offer praise—it's like an antidote to snark, especially if it's mildly sincere. "Start with something like 'I sense a brain back in there, but your words don't do it justice,'" says Heinrichs. Keep up these left-handed compliments without getting angry or insulting, and you'll leave the flamethrower speechless—and soon, tweetless.