

much about anger, at all, but more so about communicating to help keep us from getting angrier than we need to.

**Q. Alright, can you give some real world examples on how FPS works?**

A. Yes! Here you would state how you are feeling. Ex: "I am angry at my sister/I am on the verge of rage at my roommate/I am anxious for my doctor's appointment/I am confused and scared."

Here you would state why you have the above feelings. Ex: "My sister came on to my boyfriend/My roommates dog keeps peeing in my bed and I keep talking to them about it and they won't fix it/I get my blood results back today/I'm not sure if kissing is appropriate for a 12 yo."

Here you would state any solutions you may be able to think of; if any. Ex: Get over it and realize that wasn't the man for you or stop talking to your sister/move out/relax and realize that it's out of my control.

**Q. Okay, so who are you and how did you get started all of this?**

A. My team and I, we call ourselves "Anger Warriors." My name is Iggy and the creator of the FPS Method and I am your FPS Coach and also the founder of the online Facebook group called, "Anger Management 101." I'm a passionate person with a determination to help others deal with their emotional blocks.

**Q. What is the "FPS/Kickstarter Project"?**

A. The FPS/Kickstarter Project is an online fundraiser to bring recognition to FPS. It began as a result of my wanting to improve my communication with others in order to reduce my own stress and anxiety.

**Q. OK. Last question. Is there any limitation to FPS?**

A. Yes! Personal ones such as lots of over-thinking, doubt, fear, misunderstanding and the need to be miserable and unhealthy. Fps might be simple, but it's not easy

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# FAQ about FPS



Feeling + Problem = Solution

**Q. Alright, so what does “FPS” mean?**

A. For this technique to work, FPS stands for Feeling Problem Solution. It’s to help us communicate our needs and wants better with others.

**Q. How do you answer the general question of "What is FPS?"**

A. FPS is a 3-step method to help you deal with your emotions/feelings. It helps you separate your feelings from the problem at hand to more effectively come to a solution to the problem. Simple, but not easy!

**Q. So how does it work?**

A. FPS is about learning that it’s better to state our Feelings, the Problem, & then the Solution by using "I" instead of "you" statements.

**Q. I'm still confused. What do you mean about the problem and solution? I think I understand "I" statements, though. I would say "I'm mad?" Is that correct? And then what?**

A. Begin in steps...

Step 1. Describe and explain the *emotion* being felt.

Step 2. Describe and explain the *reason* behind the emotion.

Step 3. Describe and explain the *action* you’d like to see taken in order to not make you feel a certain way; especially if you feel angry.

**Q. Oh that sounds easy enough. I'm a little confused on step 1 though. How much of a description is required? It sounds like you want me to say more than just "I'm mad." Am I supposed to describe and explain what it feels like being mad as well? Sounds like it could get too complicated.**

A1. "How much of a description is required?" The more the better. A2. "It sounds like you want me to say more than just "I'm mad." Correct. Being "mad" has layers, deep beneath the surface like an iceberg. A3. "Sounds like it could get too complicated." It's only "complicated" until you get comfortable. Driving a car is 'complicated' at first until you get used to the gears and gadgets and stop feeling uncomfortable.

**Q. So I'm supposed to describe the different layers of being mad at the other person? Whew, that really sounds confusing because I have a hard time feeling much else than mad. I'm not good with this feeling thing.**

A. I wasn't either until I got a hold of "The Feeling Wheel". This “wheel” was developed by Dr. Gloria Willcox. It is very useful in identifying the specific feelings and emotions you are experiencing at any given point in time so that they can be addressed and resolved.

**Q. Oh so I could say "I'm mad because you hurt me and caused me to feel furious"? That sounds like a lot for just one step.**

A. "I'm mad," is the emotion. "You hurt me and caused me to feel furious," is you describing the reason. It's a matter of simplifying our explanation in the 3 steps mentioned earlier. Now what would be a

good resolution?

**Q. Oh I think I get it now. Would describing the reason be step 2 "problem"? I guess a resolution could be "could you please not hurt me again?"**

A. Precisely! You got it.

**Q. Why is the order of the steps important?**

A. The order is important because it reduces defensiveness from the listener. SPF, which is the typical way of explaining ourselves, often puts the person on the defensive. Often times we are quick to get to a solution, describe the problem and skip over the emotion. That's like playing baseball and skipping to the third or second base and missing first.

**Q. So you feel that voicing our feelings all the time is important?**

A. Yes. In FPS, we are not merely voicing how we feel but also knowing behind that feeling, the problems have something to do with us. No matter how we perceive wrong in other (which we usually choose to blame or angry), there is some flaw or part which we are responsible. Only by working and controlling what is within us, we have power to not be affected by circumstances.

**Q. What are the advantages of FPS compared to other techniques (i.e. Using the "I feel...when you...")**

A. The advantages are that FPS has simple and practical application. Once a person understands the formula, apply it, the results are instant. Plus, it reduces stress, tension, and anxiety. Other techniques are effective in their own right, but many can be long and drawn out.

**Q. Why do you push FPS as an effective method?**

A. FPS is a proven method of helping you deal with your emotions; however, it is work, just as dealing with emotions is work, too. With FPS, we aren't here offering an easy fix for your anger and emotions. We are here to help you deal with them effectively, looking at a long-term solution to helping you cope when things seem overwhelming.

**Q. Okay, okay, I understand. So how does FPS help with rage and anger issues ?**

A. It makes you stop and think before taking actions.

**Q. Okay what's your qualification? Are you an expert on managing anger and how was it developed, again?**

A. Expert? No. FPS was developed by a certified peer specialist named Igomene “Igg” Joseph, who has a passion for helping others. He saw that much of his own frustration in life was centered on communicating his needs and wants, clearly to others.

**Q. What is one misconception do people have about FPS?**

A. The one misconception about FPS, my group, and anger is not so