

The F.P.S. Method!

When **F**eelings, **P**roblems, and **S**olutions
Need to be Explored Separately



Igomene Joseph, CRPS-A.

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The F.P.S. MethodSM

By Igomene “Iggy” Joseph,
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Acknowledgments

This revolutionary new workbook was developed just for you. It is meant to be used in conjunction with a live workshop centered on teaching and explaining FPS and/or the *Anger Management 101* via the internet, social media site on Facebook or in person. This publication is, in part, a product of social research conducted from 5 years of interaction with people online who participated in the group Anger Management 101 on Facebook.

Much credit goes to my team of ANGER WARRIORS UNITED who consist of:

1. Becky Marshall
2. Valerie Minnis
3. Jennifer Sanchez
4. Jossie Ortiz
5. Renee Bass
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22. Daphne Klein
23. Clinton Rowe
24. Marvi L. Cordy
25. Christa Turnell
26. Karyne Brassard
27. Resident trolls and “fairy trolls”
28. Hopefully you!

These and many more members have contributed greatly to both the stress and/or the success of the efforts. Mad love goes out to each and every one of them for their participation and bravery in using the FPS method often despite their hesitancy to do so.

Disclaimer: The views, opinions, and content of this publication are solely those of the authors and do not necessarily reflect the views, opinions, or policies of the current mental health system in place in America.

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Visit us at: [www.facebook.com/
groups/AngerManagement101](http://www.facebook.com/groups/AngerManagement101)

See our Home Page:
<http://angerwarriors.wix.com/fpsit>

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Using FPS Workbook

1. What is Anger Management using FPS?

Anger Management using FPS is a highly interactive and engaging workshop that employs a variety of adult learning strategies to build effective communication in:

- Personal Relationships
- Marital Affairs
- Employment Issues
- Child Development

Used in conjunction with “I Statements”, **F.P.S.** stands for **F**eelings, **P**roblem, and **S**olution, a formula that facilitates getting along with others. (F+P=S)

2. Why was this training developed?

While passionate and devoted, mental health recipients don't always know the most effective way to express their feelings to others. Neither do non-recipients of services, to a large extent. This training is designed to create a skill-based effective learning tool. The FPS **Workshop** is structured to meet the needs of varying comprehension styles and it is adaptable to the various issues that we face in life. FPS is effective with a diverse audience.

3. Why a workbook?

The purpose of this workbook is to develop mastery in using FPS. There are “assignments” in this workbook which engage your mind and help you become more emotionally intelligent.

4. Who can attend FPS Training?

Anyone can attend FPS Training. The program is designed to be offered to a wide range of individuals or groups. Anyone interested in communicating effectively with their children, siblings, parents, friends, co-workers and even strangers benefits from FPS Training. We strive to bring FPS free of charge to peers, people

with mental and emotional disorders. We charge a small fee to cover costs and expansion from those able to pay. The training is traditionally offered once a month, in a one-hour session.

5. Is FPS Workshop shown to be effective?

Pre-training and post-training evaluations forms have shown immediate quantitative feedback with a demonstrated increase in confidence and more effective communication. Coupled with qualitative feedback from numerous testimonials, this data builds a powerful case for the value of the training.

“I think that you should create a communication class in general. Because the different techniques you suggest have been working for me.” – Denise W.

6. How can I learn more about attending FPS Workshop?

**Registration is required*

If you have any questions or would like to register, please contact Mr. Igomene “Iggy” Joseph at 954/245-7752 or angerwarriors@gmail.com

DISCLAIMER:

Due to budget and financial constraints, the author claims responsibility for any typos, grammatical or spelling mistakes found in the body of this work. BE ADVISED. The FPS Method isn't intended to work in every case. This book is not intended as a substitute for the medical advice of a doctor or professional. The reader should regularly consult a therapist in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention. This workbook is to be used as a tool. Some exercises and assignment may be too sensitive in nature. Discretion is advised.

Table of Contents



Using FPS.....	7
Introduction	10
Testimonies	14
Explanation of I-Statements.....	16
Individual Assignments	23
Individual Assignments (PSUEDO FPS)	35
What Kind of Things Anger You?	52
Communication: You vs I Statements	54
Welcome Statement (for the online group)	72
Closing Remarks	75
About the Author	88

Feeling + Problem = Solution

Giving you back your emotional power!

Introduction

Right away I need you to get into this workbook and begin doing the simple exercises that are outlined throughout. *(If this is an e-copy that you are using, print the assignment pages you need.)*

Hi! I am Iggy Joseph, your FPS Mentor and Tour Guide. My anger used to rival that of the Incredible Hulk. I am thrilled today to tell you about my FPS reprogramming system that quieted my rage and turned my life around. Though my turnaround from rage was not overnight, my FPS system can quickly and effectively be implemented to turn rage around. FPS is designed to combat anger and release pent-up emotions while applying assertive communication skills.

For the last 10 years, I have developed and tested FPS in my own life, obtaining great results. Also, I've worked with my team of Anger Warriors, online, which have assisted me in bringing this method to the public. I have taken courses, studied under great mentors and implemented this program in my own life.

Would you like to join me? I walk my talk and encourage authenticity and honesty in emotional expression to heal the unquiet rage. My method teaches a powerful way to process emotion in a healthy, non-combative manner.

Many people today are angry and even silently raging. Let's turn this into positive energy by utilizing my FPS system! FPS, by the way, stands for Feeling Problem Solution.

I have many testimonials from people who have turned their situation around utilizing this method. It's easy to understand but needs hours of practice to implement successfully -- just like anything you've mastered, such as driving a car, riding a bike, giving CPR to someone, practicing a sport, or learning any new skill.

To date, I run a successful Facebook group with over 10,000 members, have a team of 15 Anger Warriors who help moderate the group while teaching how FPS works, and a whole community that I am integrating together to bring this to the masses. Here's one of many testimonials:

"FPS is life altering. This program is wonderful for processing emotions and healing. Its developer, Joseph Igomene, is sensitive, empathetic and compassionate. I recommend this program to everyone and I use it myself to become a healthier, more assertive, compassionate person." --Jennifer Lough, AM&E101 member

I hope you will join me to bring positive communication techniques that deal with anger to the public. I am inviting you today to invest in my program. Find out more about what I'm up to by joining my online group (Anger Management 101). Visit our website:

www.angerwarriors.wix.com/fpsit. Email us:

angerwarriors@gmail.com. Look for my video presentation on Youtube by typing in “Feelings, Problem, Solution.”

This workbook, the one I labored over nearly 20 hours a day for several years, is designed to be used by participants in an anger management group or by those wanting to improve their communication skills privately. It provides individuals participating in the (online) group with a summary of core concepts, worksheets to complete, homework assignments, and space to take notes for each of the sessions. The concepts and skills presented in using FPS are best learned by practice and by completing the homework assignments given in this workbook.

Using this workbook as an adjunct to your participation in the online group will help you develop the skills that are necessary for successfully managing anger. I promise you this!

Love,

Igomene “Iggy” Joseph

October 10, 2015
FPS Creator, User, & Teacher

P.S. Unashamed and now grateful, in my amazing book, “An Angel’s Confession,” I go into greater detail as I share my personal journey of emotional recovery as “peer,” person experiencing emotional recovery, spiritually aka a client of the mental health system. Pick up a copy of my book on Amazon.com. Learn more by visiting <https://zsa.life>



ANGER

A strong feeling of displeasure
and belligerence aroused by a wrong; wrath

Testimonials

Ashley Lynch “Hey I wanna get the most out of this group and life! Anger stands in the way of everything but FPS helps put the craziness of anger into a nice neat order and it's useful that way.”

Vee NaturalBeauty "I used FPS today over the phone with the customer service agents for my credit card company. I was able to get a late fee waived and an extension on a payment. In addition to that, I feel much better!"

MG "When I first came to this group I was very nervous about seeking help. But I was having lack of control over my anger.... I recently learned that my diet was causing extreme anxiety, fatigue, and physical pains, which in turn was always making me angry. I've since got it under control and I couldn't be happier. I still have outbursts, and I don't feel I'm completely out of the woods yet. I just want to thank those that supported me, and to offer encouragement to others... I'm currently in the middle of pursuing a degree in psychology, and hope someday to help others with the same problems I have faced.”

Jamie Jacobi #AngerWarriors "Tonight was the first time I've tried FPS on my husband since his arrival home. My first attempt was not as successful as I hoped (since it resulted in a manic episode from me and shutting down by him). That being said, after we took showers and I put the kiddo back to bed, we talked and I used FPS to tell him how I was feeling and the emotions I was having trouble with. He understood, we apologized, kissed and made up. The night just ended really well. FPS works best when both parties participate in communicating!!”

King Reginald Smith “WOW!! This is an eye opener for me. It makes dealing with emotions much clearer and easier to understand. Thank you, Joseph Igomene.”

Cynthia Apruzzese “My opinion on this is that it's an awesome idea to get folks that are in crisis to focus to get themselves under control mentally and emotionally. I'm starting to follow in your steps Joe. You've been a big help to me. FPS can be used anytime to express a point in an appropriate manner.”

Susan Mason "Since being a part of this group, I'm doing a lot better with my anger! I even got a date night out with my man. He's been there for a while, was hiding down in the man cave to avoid my outbursts. I think that's great progress."

K.T. "I've been controlling my anger pretty well lately because whenever I get angry I use FPS silently and usually I realize I'm mad at nothing and if it is something I can handle it in a much better way. A lot of my personal relationships are going much better. Thanks to this group I'm still working on it but definitely improving!!! Thank you!! "

Tina says, "I am thankful for everyone in this wonderful group and I want to let everyone know that FPS has saved my marriage. I have studied, still study, and use it daily in my journal. Without everyone sharing our ups and downs, advice, & caring I don't think my marriage (or me) would be where it is! FPS is a wonderful coping mechanism and a special shout out to Vee NaturalBeauty & Igomene Joseph because you are both amazing and honest I love you both!"

NOTE: By the measure of these shared testimonies, what's FPS? It's an anger management tool, to help you communicate better with others. FPS stands for Feeling Problem Solution. FPS is about learning that it's better to state your (F) Feelings, the (P) Problem, & then (S) Solution by using "I" instead of "you" statements. We mainly fight and argue over not being heard. If you are truly interested in managing anger issues, and want to be heard correctly, practice using this method. Anger comes from feeling frustration as if anything you say is either being ignored or not respected. And, if you'd like people to hear and respect what you have to say, then use this method. See pinned diagram for illustration. Try it, before you deny it!

I-statements

“I” statements begin with “I feel...” or “I am...” or “I think”. But avoid the last one: “I think” whenever you can.

I-Statements consist of a description of how you feel, an indication of the conditions under which you feel that way, and why those conditions cause your emotions. I-Statements take this form:

"I feel (State your emotion) when (describe their behavior or under what conditions you feel this way) because... (explain why their behavior or the conditions cause you to feel this way).

I-Statements

Accepting responsibility for your feelings is one of the most important communication skills you can acquire. A good rule of thumb is: If you have a problem, make an I-Statement. Instead, we tend to express feelings and opinions without assuming responsibility for them. We tend to hide behind blaming others for making us feel the way we do, claiming "it" is responsible, or claiming "we" all feel this way.

It is important to be aware that personal opinions sound like facts when one uses a form of "am" or "is," such as "you are...," "I am...," "it is..." and so on. Furthermore, in addition to sounding factual, such statements imply the whole person is a certain way and will be forever. Example: "You are selfish" is a pronouncement which implies that there are no unselfish traits anywhere in the person's personality--and that the entire person will stay that way forever. This is probably untrue: it is an over-generalization. It would be much more accurate and effective to say, "I resent it when you make plans for the entire family without asking what the rest of us want to do."

I-Statements consist of a description of how you feel, an indication of the conditions under which you feel that way, and why those conditions cause your emotions. I-Statements take this form: "**I feel...** (*State your **emotion***) **when you....**(*describe their **behavior** or under what conditions you feel this way*) **because...** (*explain **why** their behavior or the conditions cause you to feel this way*).

Clearly, giving an I-Statement is more constructive than commanding, threatening, moralizing, judging, ultimatums, mind-reading or other behaviors that create defensiveness. However, this is not an easy concept to grasp. The pronoun "you" is used all the time and many uses are not bad. The problem is we often state personal opinions as facts and over-generalizations are implied by forms of the verb "to be," like "are," "is," "am" and so on. Read the You-Statements below to become aware of the ways we use "you."

1. *Blaming:* "You make me so mad."
2. *Judging or labeling:* "You are an inconsiderate, arrogant creep."
3. *Accusing:* "You don't give a damn about me!"
4. *Ordering:* "You shut up!"
5. *Questioning:* "Are you always this flirtatious?"
6. *Arguing:* "You don't know what you're talking about."
7. *Sarcasm:* "Of course, you are an expert!"
8. *Approving:* "You are wonderful." "You are attractive."
9. *Disapproval:* "You are terrible."
10. *Threatening:* "You had better..."
11. *Moralizing:* "You ought to ..."
12. *Treating:* "You need to rest and..."
13. *Supporting:* "It will get better."
14. *Analyzing:* "You can't stand to leave your mother!"

I-Statements have Three Parts

1. **Emotion: “I feel...”** (*state your emotion*): It is a self-disclosure, referring to “I” and it expresses a feeling.
 - a. The emotion or feeling must be expressed by saying, “I feel...”
 - § “I feel like...” is not a statement of emotion
 - § “I feel like you...” is not a statement of emotion
 - § “You make me feel...” blames the other for your emotion
 - § “It makes me feel...” blames “it” for your emotion
 - b. Follow this link for a [List of Emotions](#)
2. **Behavior: “When you...”** (*describe their behavior or under what conditions you feel this way*)
 - a. Describe the other person's observable behavior or describe the conditions that are related to your feelings
 - b. State the facts objectively without opinions, assumptions, criticisms, commanding, threatening, moralizing, judging, ultimatums, mind-reading or other behaviors that create defensiveness
3. **Why: “Because...”** (*explain why those conditions or their behavior cause you to feel this way*).

- a. Explain why you feel this emotion when the other person does that behavior or when you are under these conditions
- b. The reason why you feel the way you do is often due to the following:
 1. How you interpret their behavior (intent or meaning)
 2. The tangible & concrete effect their behavior has on you, them, or others (do not repeat your feelings).

Benefits of I-Statements

1. Avoids blaming others for your emotions.
2. A less hostile way to express a feeling or an emotion you're experiencing.
3. Appropriate way to inform someone that their behavior is causing a problem.
4. Minimizes making the other person feel guilty, put-down, & resentful.

I-Statement Cautions

1. According to Thomas Gordon, the founder of Gordon Training International, "I-Language won't work in families where the parents tend to not listen when their children have problems. If you want your kids to listen to you when you have a problem, they must feel that you listen to them when they have a problem. I-Language must be seen as a direct appeal for help. Ask if the child would be willing to help you."
2. I-Statements are not a guarantee that others or conditions will change to accommodate you.

Examples of I-Statements

1. *I feel* annoyed (feelings) *when you* leave your clothes on the floor instead of putting them in the hamper (behavior), *because* then I have to pick them up to keep the house neat (why).
2. *I feel* angry (feelings) *when you* leave your dishes in the sink instead of putting them in the dishwasher (behavior), *because* I get the impression you expect me to clean-up after you and that is not my expectation of our relationship (why).
3. *I feel* upset (feelings) *when you* raise your voice at me (behavior) *because* I don't want to be in a relationship where yelling is the norm.



NOTES

what's going on in the relationship and how **you're feeling**. Then, say the magic words: "Is there something I should know? "Instantly, you're shifting the conversation from one of blame and making him wrong to one of finding out if there's some other issue. See the difference? When you express your feelings first and foremost, about any situation you are facing, rather than at the end, then you are giving them a chance to make it better. Then you're setting both of you up for an open dialogue that will either tell you that the person has some non-negotiables you can't live with... or whether they'll work with you to develop an even closer bond.

Assignment #2: Circle THE FPS WORD or STATEMENT!

Wednesday, April 23, 2014

SUBJECT: That's Not My Job!!!

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important litter cleanup job to be done in the neighborhood and Everybody was sure that

Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have.

As a "Nobody," I am frustrated, very bothered, and appalled by our neglect and lack of concern for the environment and our city streets. On Earth day, I frustratingly spent 30 minutes collecting 2 large garbage bags worth of trash on just one block (15th street & and 56 Ave). Upset, I even called and spoken with Willie, the DES supervisor for the City of Lauderhill, about this depressing issue that seems to plague just "our community." The problem is I keep hearing from city officials, the school board officials, business owners, and other residents saying the same played out line: "No one cares!" Well I care and, even if it does appear to be true that no one else cares, I'd like to believe that you care, also. The issue of littering is called, "environmental abuse" and should be treated as serious as animal abuse or child abuse. Abuse is defined as when the power of one is misused to submit another to their will.



Therefore, as a proposed solution, I'm asking Everybody to take pride in our community as I see other cities do. Please, Anybody, please show me how much you do care. Let's do something about the issue. Somebody, speak up and speak out, even if Nobody can find the time to pick up and help.

Assignment #3: Read slowly and carefully

Usually when someone is
angry, all we hear are their
angry words. Instead, try
hearing the unspoken,
“I am scared, I am
frustrated, I am insecure, I
am vulnerable, I feel
threatened.”

Charles F. Glassman

CharlesGlassmanMD.com

fb.com/CoachMD

Assignment #4 Circle THE FPS WORD OR STATEMENT!

Subject line: Protect whales during the Navy's routine training and testing exercises

Dear Secretary Hagel:

I am appalled at the Navy's five-year plan for training and testing with sonar and explosives, which would needlessly kill or maim thousands of whales and other marine mammals. The Navy should be putting safeguards in place that will dramatically reduce the threat to whales without compromising military readiness. But, instead, the Navy is preparing to defend its unconscionable plan in court.

Please direct the Navy to abandon its courtroom defense and move instead to protect whales from needless suffering and death during routine training. Most importantly, the Navy should put vital areas for marine mammals off-limits to sonar and explosives. According to the scientific community, that is the most effective means of reducing harm.

The evidence is clear: the Navy can continue to protect our national security AND protect marine mammals at the same time. I urge you to direct the Navy to do so.

Sincerely,

A Concerned Citizen

Assignment #5: DISCOVERING WHAT IS AN EMPATH?

Maybe you feel overwhelmed in crowds and come home exhausted. Maybe you feel like you're walking around with the weight of the world on your shoulders. Maybe you swing haphazardly from angry to sad—and it seems to have nothing to do with what is happening in YOUR life. If you've already had an inkling that what you're feeling might not all be about YOU, then read on, because you COULD be an **empath**.

AN EMPATH IS A HIGHLY SENSITIVE PERSON WHO CAN *DEEPLY* PERCEIVE EMOTIONS IN OTHER PEOPLE AND FEEL WHAT *THEY* FEEL

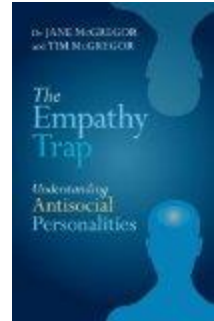
For example: if someone is sad or mad, an empath will feel that as if it were their own feelings. Their powers of perception are bang on. The problem is that most empaths don't realize that other people don't feel the way they do. And that can be isolating when you have NO idea what's happening to you, and no clear idea on how to manage these feelings. Retrieved from: <http://www.eliselebeau.com/>

ASSIGNMENT #6: You get a text message over your phone. You're told that you need a face transplant and that braces and jaw surgery won't make you look any better and that you'll always be ugly. You believe it, especially because you can't ever get a date. You have been single for over five years and you want to meet someone. You have come so far in gaining confidence but you're beginning to feel like people hate you. **Using FPS (Feeling + Problem = Solution), give your response.**

The Apath

The Empathy Trap: Understanding Antisocial Personalities

by Dr Jane McGregor and Tim McGregor



Excerpt: Apaths are an integral part of the sociopath's arsenal and contribute to sociopathic abuse. Sociopaths have an uncanny knack of knowing who will assist them in bringing down the person they are targeting. It is not necessarily easy to identify an apath; in other circumstances, an apath can show ample empathy and concern for others—just not in this case. The one attribute an apath must have is a link to the target.

How apaths, who might otherwise be fair-minded people, become involved in such destructive business is not hard to understand, but it can be hard to accept. The main qualifying attribute is poor judgment resulting from lack of insight. They might be jealous of or angry at the target, and thus have something to gain from the evolving situation.

At other times, the apath might not want to see the 'bad' in someone, particularly if the sociopath is useful. Or they might choose not to see because they have enough on their plate and do not possess the wherewithal or moral courage to help the targeted person at that time. Usually, be it active or passive involvement, the apath's conscience appears to fall asleep.

IF THE FEMALE IS STILL
CALLING 📞 & TEXTING ➡️ 📱
YOUR MAN 👧 👦
IT'S BECAUSE
@Sincerely_Isyss2
HE'S STILL REPLYING 🗨️
SHE AIN'T TALKING
TO HERSELF... 🙅♀️
DON'T BE DUMB 📄👌 😴

How would you respond to your mate using the above scenario with F.P.S.?

Assignment #7: Rearrange the statement into FPS order. Look for which sentence states the *Feeling*, the *Problem*, and which identifies the *Solution*.

1. I am going bananas. Someone help me; I am going to punch somebody's lights out. I am tired of being the nice guy!

Answer: Feeling = "I am tired of being the nice guy!" Problem = "I am going bananas." Solution = "Someone help me; I'm going to punch..."

2. Daddy, could you help? I'm unable to pay my phone bill. I feel stressed out.

_____ · _____ · _____ ·

3. I feel ugly, Johnny. I don't think I'm pretty anymore. Could you give me a hug to help me feel better?

_____ · _____ · _____ ·

4. What should I do? I am broke and don't have any money. Tracy, I am tired.

_____ · _____ · _____ ·

5. I feel rejected and heartbroken. What should I do, Raven? People on my job hate me.

_____ · _____ · _____ ·

6. I hate you! Jack, I don't like being ignored! It's very frustrating talking to you.

_____ · _____ · _____ ·

7. Hey Mary, I am hungry. I didn't eat dinner yet. What you have to eat? Did you cook yet?

_____.

8. James, I am bored. Wanna go brush our teeth? I think my breath stinks.

_____.

9. Jeff, I am tired of seeing the house in a mess. What you plan to do about it? It's very frustrating.

_____.

10. Could you please pick me up some ice cream, Kim? This heat is killing me. I am very thirsty.

_____.

BONUS: Choose A or B as your preference. A. I'm feel hot and bothered by the heat. Could you turn on your AC if it works? Or B. Turn on the AC, please. It's hot and the heat bothers me.

CIRCLE WHAT ORDER THESE STATEMENTS ARE IN, FPS, SFP OR PFS?

Ex: S "Who moved my shampoo? F I'm annoyed when people move my stuff. P I could scream right now because I don't like my stuff being moved."

#11 YOUR ASSIGNMENT: Circle what order this statement in. FPS, SFP or PFS? Or, neither? "You might not understand it. Mom, I'm feeling scared to tell you this. Many people won't understand but I'm gay."

#12 YOUR ASSIGNMENT: Circle what order this statement in. FPS, SFP, PSF or PFS? Or, neither? "These ants are everywhere! I will keep squishing them until they get the message hehehe... What kind of bugs do you get in your house? I hate spiders."

#13 YOUR ASSIGNMENT: Circle what order this statement in. FPS, SFP or PFS? Or, neither? "I'm nervous about asking. I have this great project where I'm looking to raise funds to help people with anger issue. Are you willing to donate \$10-20 to help me reach my goal?"

#14 YOUR ASSIGNMENT: Circle what order this statement in. FPS, SFP or PFS? Or, neither? "You owe me some money, James. I want it back, please. I loaned you \$30 year last and you never paid me back. I'm upset about that."

#15 YOUR ASSIGNMENT: Time to show me what you have learned. Give me your own FPS statement. Example: "I am feeling *frustrated* when my girl *doesn't listen* to me...".

I am feeling _____ when _____.

I wish _____.

Pseudo-FPS

This section contains something I call, “Pseudo-FPS.” Pseudo means fake. 1. false, pretending, or unauthentic. 2. having a close resemblance. So the statement might use the FPS method but contains You-statement for blaming.

For example: “You making me mad. You need to stop! Why do you keep pushing my button? Your answer: Pseudo-FPS

#16 YOUR ASSIGNMENT: Circle what order this statement in. FPS, SFP or PFS? pseudo--FPS? “I haven’t had lunch yet. I’m feeling so weak and tired. Where would you like to go for lunch?”

#17 YOUR ASSIGNMENT: Circle what order this statement in. FPS, SFP or PFS? pseudo--FPS? “I hate my disability. I’m having such a hard time dealing with issues and life in general. I just don’t know what to do anymore and I hate having to take toxic medications.”

#18 YOUR ASSIGNMENT: Circle what order this statement in. FPS, SFP or PFS? Pseudo--FPS? “I’m feeling dismayed. It appears that you left the group. I’m concerned about that, was it something I said?”

#19 YOUR ASSIGNMENT: Circle what order this statement in. FPS, SFP or PFS? pseudo--FPS? “You hurt me. I think you should apologize for what you said last night about my mother. Are you going to apologize or not?”

FOR
EVERY
MINUTE
YOU
ARE
ANGRY;
YOU LOSE
60 SECONDS
OF
HAPPINESS

Yes! There's assignments. USING FPS LANGUAGE, SAY OR WRITE HOW WOULD YOU SPEAK TO ME? GO!

#20 YOUR ASSIGNMENT: I'm your neighbor. You saw me kicking and abusing my dog out of anger. I'm a mean looking guy with tattoos and piercings and police are always at my house.

#21 YOUR ASSIGNMENT: I'm your friend. You just saw me toss a soda can in front of you onto someone else's lawn while headed to the park.

#22 YOUR ASSIGNMENT: *We'd like to hear from you. Please tell us about your experience using FPS. Feel free to share your FPS stories and testimonies. Send an email, visit our site or call us direct.*

#23 YOUR ASSIGNMENT: You're new to the job and just started a week ago. A coworker who has been there for a long time gives you a bad attitude. She negatively criticizes your skills. Using FPS, how do you handle the situation?

F) _____

P) _____

S) _____

#24 YOUR ASSIGNMENT: You see your co-worker tossing his Burger King bag out of his car window, and this has happened many times before; how will you FPS him about it? Using FPS language, what do you say?

F) _____

P) _____

S) _____

#25 YOUR ASSIGNMENT: (Read and discuss) If someone has got all it takes, but do anyone believe that without practice, this player can go out on the field and hit a home run? Or even know how to hit the ball? Without practice he might think he can hit a home run, but he needs to be on the field. Practice is the key! If we don't practice the FPS on a regular basis, we won't be able to defeat the problem in time of emergencies.

#26 YOUR ASSIGNMENT: FPS or pseudo--FPS? "(F) Alex, you are making me mad. (P) Because you keep asking me to give you \$20 dollars when you see me. (S) Can you stop asking me all the time?"

#27 YOUR ASSIGNMENT: (Read and discuss) "FPS is short for Feeling Problem Solution. Each base, first, second, and third, represents the goal of communicating effectively. Think of doing so as you hitting a home run in a baseball game.

- You are the Speaker up at bat. You're the batter. The Lister acts like the "pitcher".
- Your job as the batter is to make it to each base, safety, in order of how the game of baseball is played.
- Using PSF or SPF to speak to others is considered a "foul," in other words it's not how you want to communicate.

In baseball, what does fouls mean? Playing baseball isn't about going to Third base, first, and neither is using FPS!"

#28 YOUR ASSIGNMENT: I'm your teenage son/daughter. It's report card day and mine has 4 F's, 3-D's and 1-A, for gym! Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#29 YOUR ASSIGNMENT: I am your husband/wife. For the past few weeks I have been coming home from work later and later. Tonight, I come home and there's a big hickey in plain sight on my neck. Using FPS language, how do you handle the situation?

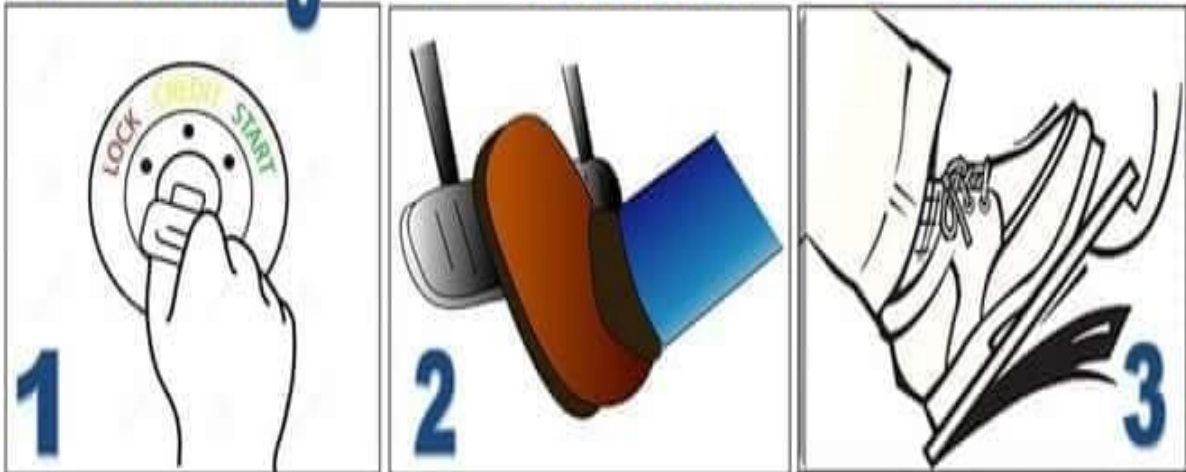
F) _____

P) _____

S) _____



"F"-eeling + "P"-roblem = "S"-olution



"FPS" using a car as a reference. Three main steps to follow.

Step 1) Put the key into the ignition, first, so that the car can move.

Step 2) Apply brakes to stay in control...

Step 3) Apply gas pedal to accelerate (as necessary).

Step #1 ...would be your Feelings. (Say it)

Step #2 ...would be the Problem. (Describe it)

Step #3 ...would be a Solution. (Ask for or offer one)



You are the car! As you drive and take control of your emotions, the steering wheel would be equal to the "Feeling Wheel;" right turn or left you get to drive and decide the direction you're going in.

#30. YOUR ASSIGNMENT: Avoid saying "you," as much as you can. Subtract it from your lips as much as possible when you speaking and using FPS. It won't be easy, but the benefits are worth the practice.

#31. YOUR ASSIGNMENT: I am your husband/wife. I'm constantly leaving my dishes in the sink, and my coffee cups with a little bit of coffee still in them, all over the house. Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#32. YOUR ASSIGNMENT: I am your brother/sister. You've just introduced me to your boyfriend/girlfriend. I make an insulting remark about their appearance, or the way they are dressed for a special occasion. Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#33. YOUR ASSIGNMENT: I am a cop. I just caught you speeding and running a red light. You just found out that a loved one is in a nearby hospital and was just in an accident. Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#34. YOUR ASSIGNMENT: I am your boss. For the past few weeks I noticed that you've not been getting to work on time. Today, I called you into my office so you can explain what's going on. Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#35. YOUR ASSIGNMENT: Circle yes or no. Is this statement in FPS order?
I wish I could you understand me, where you're not blaming me by mistake all the time. I feel hurt. The problem as I see it is I keep getting blamed for stuff I don't do.

#36. YOUR ASSIGNMENT: I am your friend. I asked to borrow your laptop to complete a work/school assignment. Later on, you discover it has a nasty virus. Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#37. YOUR ASSIGNMENT: I am your neighbor. Lately, you have been finding piles of dog poop in your front yard. You don't have a dog, so you know it's not from your dog. One morning, you catch me red-handed walking my dog in your yard. The dog is mid-poop. Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#38. YOUR ASSIGNMENT: It is lunchtime at work or school and your friend treats you like garbage in front of their friends, but later, they come back and talks to you differently. Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#39. YOUR ASSIGNMENT: I'm your best friend. You just found out, through a mutual friend that I've been sleeping with your gf/bf, spouse, or partner. Using FPS language, how do you handle the situation?

F) _____

P) _____

S) _____

#40. YOUR ASSIGNMENT: Circle yes or no. Is this statement in FPS order? I'm feeling angry because I'm being picked on by the football team. I wish they could stop picking on someone that's not their size.

#41 YOUR ASSIGNMENT: You have a roommate...and she tells you this morning that her rent check bounced... How would you FPS her?

F) _____

P) _____

S) _____

#42 YOUR ASSIGNMENT: You have a co-worker. He asks you for a ride home. Realizing you didn't mind, he also asks you to pick him up from home on your way to work the next day. After a while of this, you're concerned he's taking advantage. How do you speak up?

F) _____

P) _____

S) _____

#43 YOUR ASSIGNMENT: You're doing badly in school. You just failed your last exam. How do you talk to the teacher or explain the situation to your parents about your failing grades?

F) _____

P) _____

S) _____

#44 YOUR ASSIGNMENT: Your son or daughter is doing badly in school. They just showed you their report card with failing grades. How do you talk to your child about their failing grades?

F) _____

P) _____

S) _____

#45 YOUR ASSIGNMENT: Your son or daughter has been sexually active; only active with the same sex. How do you talk to your child about their homosexuality?

F) _____

P) _____

S) _____

#46 YOUR ASSIGNMENT: You just got laid off. The employer discovered you lied on your employment application yesterday. How do you break the news to your wife, husband, or friend?

F) _____

P) _____

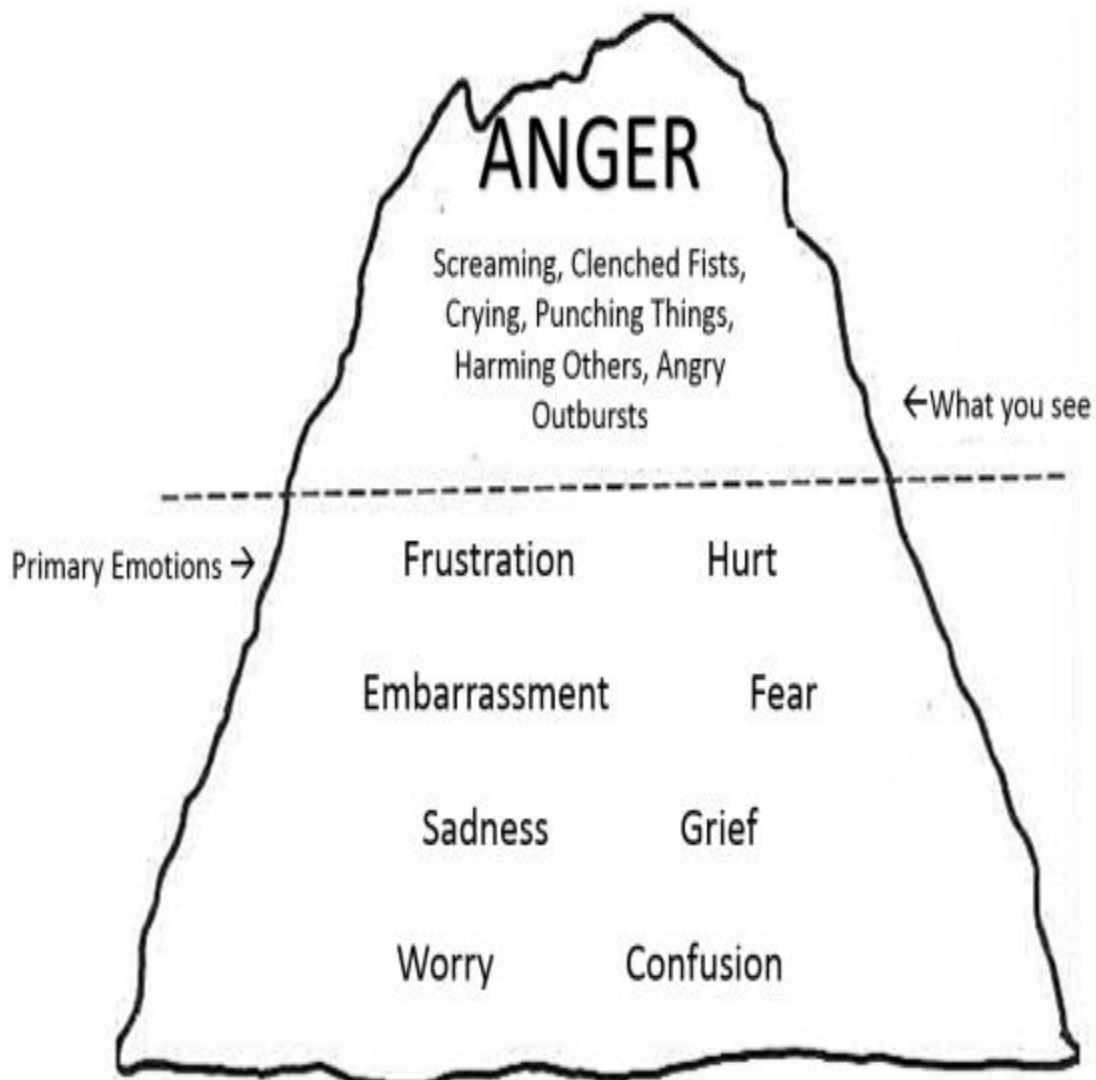
S) _____

#47 YOUR ASSIGNMENT: You have a personal project to work on. You need help organizing it. How do you break the news to your wife, husband, or friend?

F) _____

P) _____

S) _____



#48 YOUR ASSIGNMENT: Convert this to an FPS statement. You heard me say, "Why don't you ever listen to me?" For instance, instead of "Why don't you ever listen?" I should say...

F) _____

P) _____

S) _____


#49 YOUR ASSIGNMENT: Convert this to an FPS statement. You heard me say, "You are so insensitive! You just don't care! You just don't love me." I should say...

F) _____

P) _____

S) _____





IF ANOTHER CAN
EASILY ANGER YOU
IT IS BECAUSE
YOU ARE
OFF BALANCE
WITH YOURSELF

Behappy.me

INSTRUCTIONS: Find these videos on YouTube. Watch one to two a day.

#50 YOUR ASSIGNMENT: Listen to this video by Julian Treasure: *How to speak so that people want to listen*. Have you ever felt like you're talking, but nobody is listening? Here's Julian Treasure to help. In this useful talk, the sound expert demonstrates the how-to's of powerful speaking — from some handy vocal exercises to tips on how to speak with empathy. A talk that might help the world sound more beautiful.

http://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen

#51 YOUR ASSIGNMENT: Listen to this video by Clint Smith: The danger of silence, "We spend so much time listening to the things people are saying that we rarely pay attention to the things they don't," says poet and teacher Clint Smith. A short, powerful piece from the heart, about finding the courage to speak up against ignorance and injustice.

#52 YOUR ASSIGNMENT: Listen to this video by Elizabeth Lesser: "Take "the Other" to lunch" - There's an angry divisive tension in the air that threatens to make modern politics impossible. Elizabeth Lesser explores the two sides of human nature within us (call them "the mystic" and "the warrior") that can be harnessed to elevate the way we treat each other. She shares a simple way to begin real dialogue — by going to lunch with someone who doesn't agree with you, and asking them three questions to find out what's really in their hearts.

#53 YOUR ASSIGNMENT: Listen to this video by Brené Brown: "*The power of vulnerability*" - Brené Brown studies human connection — our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share.

#54 YOUR ASSIGNMENT: Listen to this video by Ze Frank: "Are you human?" - Have you ever wondered: Am I a human being? Ze Frank suggests a series of

simple questions that will determine this. Please relax and follow the prompts.
Let's begin ...

#55 YOUR ASSIGNMENT: Marc Pachter. "The art of the interview" - Marc Pachter has conducted live interviews with some of the most intriguing characters in recent American history as part of a remarkable series created for the Smithsonian's National Portrait Gallery. He reveals the secret to a great interview and shares extraordinary stories of talking with Steve Martin, Clare Booth Luce and more.

#56 YOUR ASSIGNMENT: What if someone told you that it was your own fault that you got raped, how would you respond? Use FPS:

F) _____

P) _____

S) _____

#57 YOUR ASSIGNMENT: How does it make you feel when you argue, fuss, and fight? List those emotions here.

#58 YOUR ASSIGNMENT: You're out in public with your significant other, but someone comes over and starts to flirt with them right in front of you. How do you handle that situation? Use FPS:

F) _____

P) _____

S) _____

Unscramble these:

#59 YOUR ASSIGNMENT: I should ask the teacher for help. I'm feeling confused because I was doing a math problem and got mixed up.

F) _____

P) _____

S) _____

#60 YOUR ASSIGNMENT: I drank some chamomile tea. Now I'm feeling calm. I should drink it more often to kill the stress from work.

F) _____

P) _____

S) _____

#61 YOUR ASSIGNMENT: I'm feeling sad because my cat just died. I should put things away that remind me of her.

F) _____

P) _____

S) _____

#62 YOUR ASSIGNMENT: I just found out that my son is gay. I should sit down and have a talk with him to confirm. I'm so confused and feel so disappointed, now I'll never have any grandchildren.

F) _____

P) _____

S) _____

“Understand where another is coming from. Not reacting in revenge or hate is the key to change for both you and them. Those who lash out at others are the ones in need of the most love.” –Rose, AM&E101 Group member

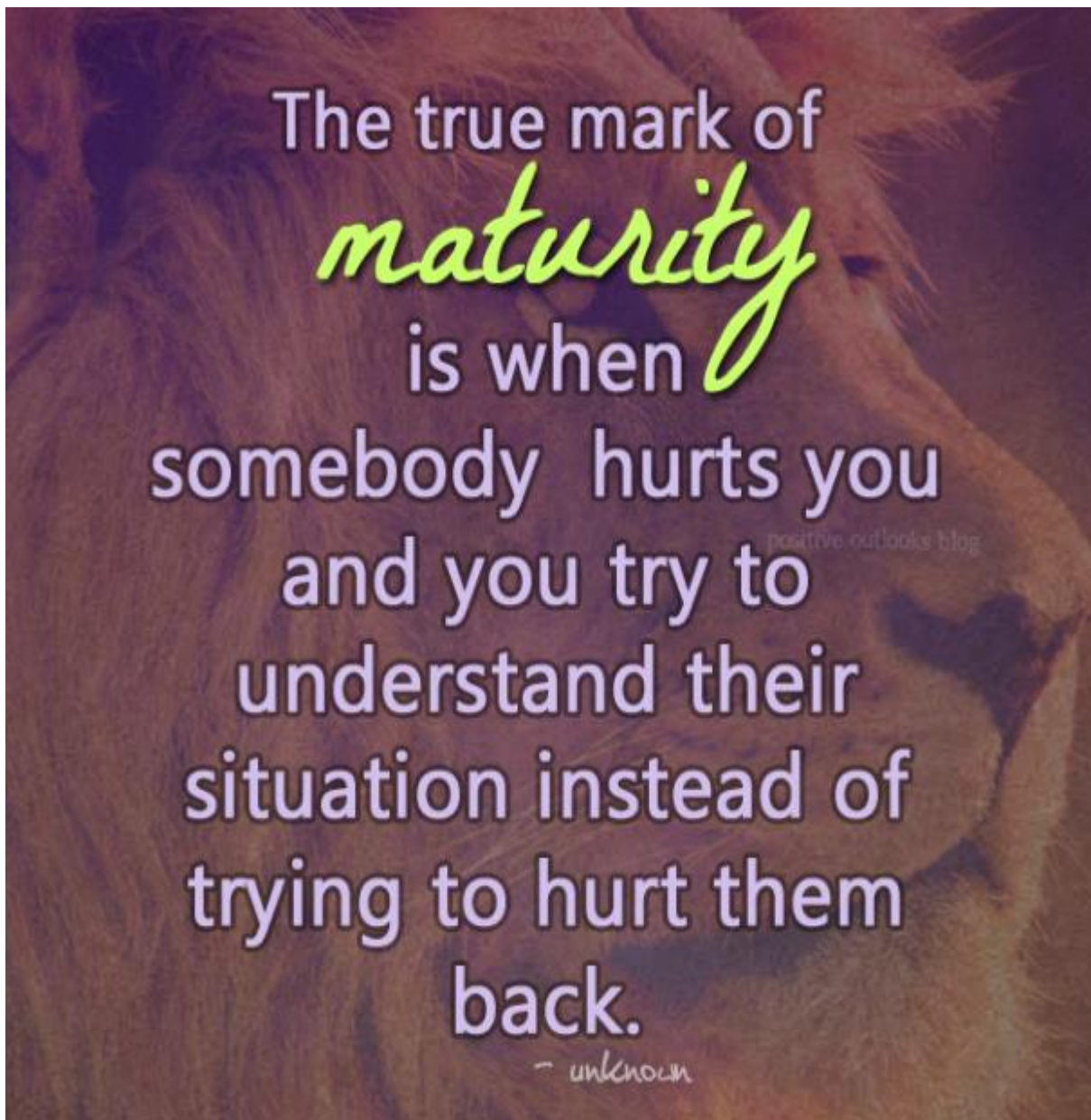
***BLAMING OTHERS
TAKES
TIME AND ENERGY
AWAY
FROM
IMPROVING YOURSELF.***

An Iota of Truth

What Kinds of Things Anger You?

1. What do you hate more when telling a story? Being ignored or interrupted. Ignored, Interrupted, neither.
2. What bugs you more: waking up early or going to bed late?
3. Which social norm do you most detest? Small talk, meeting new people, attending boring functions, formal dress, eye contact, shaking hands, none of these?
4. What do you hate more: doing the dishes or mopping the floor or neither?
5. Which celebrity do you loathe? Kanye West, Kim Kardashian, Anne Hathaway, Nickelback, Paris Hilton, Leena Dunham, Taylor Swift or none of them.
6. Which one ruins your day, is it folding laundry or ironing your shirt or neither?
7. Getting up to turn off the TV or the lights, which one do you hate the most?
8. Which adorable pet do you despise? Kittens, turtles, fish, iguanas, hamster, dogs, none of these?
9. Which causes you serious pain: getting stuck in traffic or looking for a parking spot?
10. What is actually repulsive, is it sing a beeper forever or using a fax machine?
11. Which dessert makes you gag?

Own your emotions.



The true mark of
maturity
is when
somebody hurts you
and you try to
understand their
situation instead of
trying to hurt them
back.

- unknown

Take control of them, stop disowning them
and letting them control you.

COMMUNICATION: “YOU” V/S “I” STATEMENTS

About the Author: Mahima Gupta is a psychologist at Inner Space-A center for counseling and psychological assessment. Source:

<http://innerspacetherapy.in/self-help-and-improvement/communication-you-i-statements/>

“I” statements begin with “I feel” or “I think” or “I experienced” instead of “people feel” or “people experience” or “everyone should.” It’s impossible for one person to speak for any other group. Starting a thought with “I” reinforces a personal point of reference. “I” statements are non-judgmental. They are not accusatory, nor are they meant to change the person with whom you are talking. “I” statements is a great way to express how it is that *you* feel. “I” statements are an effective method for individuals to take responsibility for personal feelings. They are particularly effective when expressing needs or emotions.



“You” statements more often than not sound like accusations and blame

Why don't you ever listen?

You just don't understand me!

Why are you always late?

You must study or you won't score well!

You are of no help at all!

You are so insensitive, you just don't care, and you don't love me.

Are these statements you have faced at one time or the other? How did it make you feel? How did you respond to it? Did it make you want to listen and cooperate or feel like an accusation?

These are called **'You statements'** and are the typical way we communicate. We tell the person what he did or didn't do, whether it was right or wrong or what he should or shouldn't be doing. Such statements, more often than not sound like accusations and blame. It conveys judgment. No one likes being judged and hence it closes down communication lines. It puts the person on the defense, making him unable OR unwilling to be open to what you have to say and truly listen.

Such statements are most common, and also the most harmful in relationships marred with conflict. When your teenage son returns home late, telling him: "you are so irresponsible, you scared me to death" can only evoke a rebellious or at most an indifferent attitude. You cannot expect him to feel sorry, when he is busy defending his human rights or ignoring you like wallpaper. It will only enhance the negativity and escalate the tension. While positive communication can be a lifesaver in conflict situations, negative communication can be the cause of shipwreck.

Research has shown that accusatory "you" statements evoked greater anger and a greater inclination for antagonistic response in adolescents than assertive "I" statements.

Flip the situation: Here are some examples of "I" statements:

- *I feel unheard, can we talk?*
- *I feel like I'm not being understood and its making me feel upset.*
- *I feel anxious when you don't come on time or I find it difficult to complete work as it gets delayed without you*
- *I am worried about your scores and I would be happy to see you successful. Maybe we can work at improving study habits*
- *I feel overworked and would appreciate some extra help*
- *I am feeling unloved and I feel the need to be taken care of more*

How did reading these statements feel? Did it evoke similar negativity as the “You” sentences did? When are you more likely to cooperate?

“I” Statements have Multiple Benefits:

“I” statements make the speaker take responsibility for his emotions, acknowledging and understanding them better. Also, we can only really know how WE are feeling. When we talk about anyone else’s feelings, thoughts or behaviors like ‘you don’t love me’ or ‘you don’t understand’ – it’s for just an assumption. That is our perspective of the situation while that person’s reality may be completely different. So let’s not assume here, let’s only talk of only what we really know: our own selves.

When we get in touch with our emotions and share them, we create a bridge for the opposite person also to get in touch with how we’re feeling. This facilitates empathy and helps them understand us better, much better. It makes one feel like you’re opening up to him, nudging him to be there for you.

When you focus on what you are feeling, rather than on your opinion on the matter (as is conveyed through a “You” statement), it is non-threatening and inoffensive. Hence it doesn’t make the person jump to his defense with all shields up and instead, allows him to drop his guard. So always identify and say what you are feeling about the situation, instead of what the other person is doing.

One thing to be alert about are disguised statements. Statements like “I feel that...” or “I feel like...” as they are just hidden “You” statements – “I feel that you are getting stubborn” or “I feel like you don’t spend any time with me”. These have the same accusatory effect and do not help.

To know which statement is truly an “I” statement, look out for what is its intended effect. If its effect is communication of feelings and not accusation, you are on the right track!



#63 YOUR ASSIGNMENT - You come home to find this is the bathroom. You suspect I'm the blame. Using the FPS* method bring this to my attention.

*F.P.S. is a means of communicating a concern by expressing who you Feel, what the Problem is you see it, and what Solution you'd like to see. (F+P=S)



F) _____

P) _____

S) _____

#64 YOUR ASSIGNMENT. I'm your neighbor and you saw me with my dog. You saw me abusing my dog repeatedly and this bothered you. Using the FPS* method bring this to my attention.

*F.P.S. is a means of communicating a concern by expressing how you Feel, what the Problem as you see it, and what Solution you'd like to see. (F+P=S)



F) _____

P) _____

S) _____

**BLAMING EVERY BODY
ELSE IS GREAT UNTIL
YOU'VE GOT NOBODY
LEFT AROUND TO BLAME
BUT YOURSELF**

wordboxer.com

#64 YOUR ASSIGNMENT. You are living on the streets and homeless at the moment. You are nervous and scared about panhandling and begging. You know it's against the law but you are hungry. Here's one way for you use FPS.

F) "HI! I'm embarrassed to say this but I'm hungry."

P) "I'm homeless right now."

S) "I was hoping you could please help me out with sandwich or few dollars?"

Write in more examples below:

F) _____

P) _____

S) _____

Write in more examples below:

F) _____

P) _____

S) _____

Reviews from the FPS Campaign

Kassandra Wheeler (1/17/2015)

"F.P.S. has changed my life. I used to be a very angry person. I was angry at everyone and mostly myself. Anger management 101 has taught me that anger isn't a solution and how to find what my real feelings are and be able to talk about them instead of just blowing up."

Joshua Irelan (2/23/2015)

"Thanks for the love and I am appreciative for the things I have read and learned from. This group, Anger Management 101, is a beautiful page that even people without an anger problem could use. They could better understand anger and help those with anger how to cope and manage it."

Roots Queen (3/16/2015)

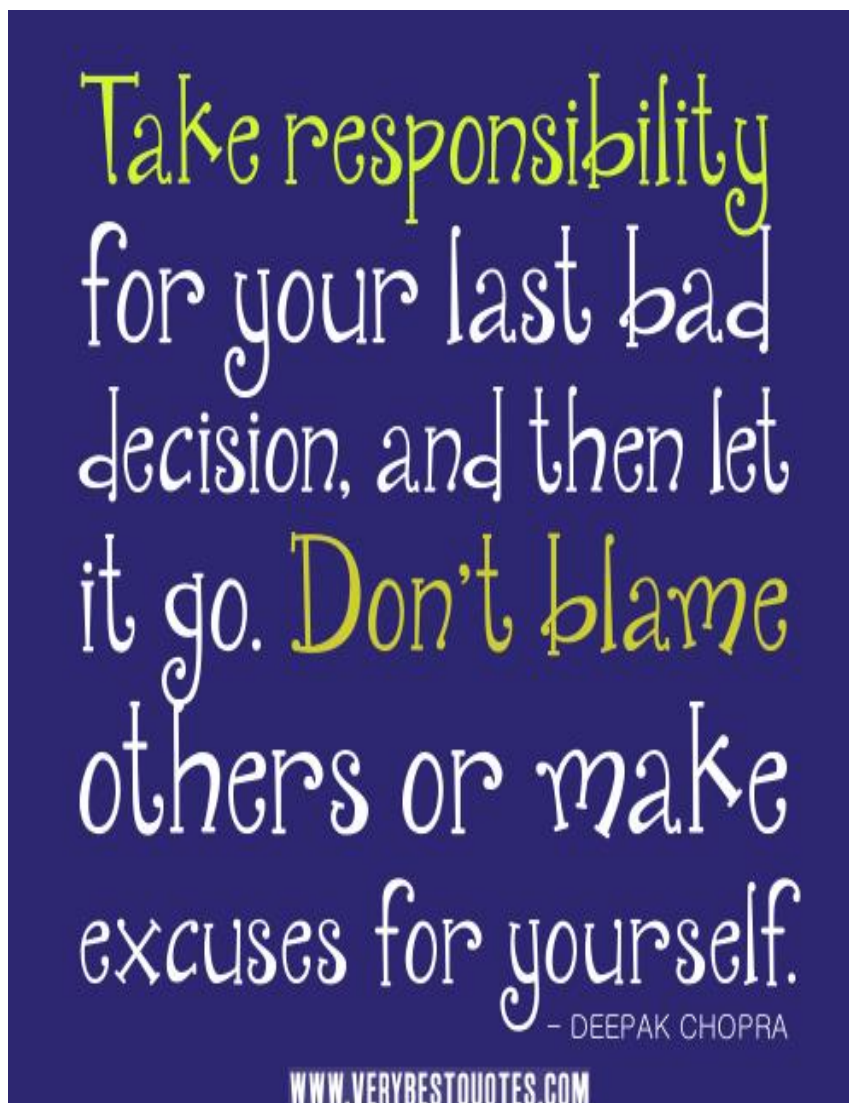
"FPS isn't something new for me, Iggy has been explaining this forever and thank God now he's sharing it with the world in this way because it's the greatest tool I have ever practice, it's the only tool that have save my love life relationship and the relationships I have with my friends. Really I recommend you share this tool with everyone you so care about, because if it works for me, it will for you too!"

Rebecca (2/13/2015)

"FPS is a simple system that has changed my life completely. Where I usually would lose it and start yelling, now I take the time to process and learn what I am feeling and the root cause of that feeling. That way, it can be explained and dealt with civilly rather than a fight happening. Props to Joseph for creating this program; it really is an eye opener and makes you think."

Angeles Molina (2/13/2015)

“FPS takes practice. It's a great tool. It helps with better communication as well as identify ones feelings; especially, for those who are like me that half the time we are unsure of what it is we are feeling or what is that we want from ourselves and/or others. Being able to identify my feeling, using FPS, and then communicate it properly to others has helped me so much. Learning, practicing, and working on it is great way to master it. Taking a breath to calm down and control the anger is a work in progress for me, but now with FPS I have another useful tool to help deal with my anger and explain it better to others.”



Atul Satam (3/16/2015)

“It’s a great tool :) it helps at 90% of the times...

It is a pleasure of using it... And one more thing, those YOUR ASSIGNMENTS they aren't working brother... Convert the statements and all... I think that I don't get its concept maybe you have some different views about it... Thank you for doing such job :)

May God bless you :)”

Valerie (2/14/2015)

“As a person seeing the development of this simple system, "FPS," with the guidance of my longtime friend Iggy. It helps to reduce or eliminate anger and anxiety issues in others, it gives me great pleasure to see it change lives.”

Samuel B Sharpe (2/12/2015)

“FPS, in my opinion, is valuable as a form of self-therapy and for facilitating self-discovery....FPS is an astute formula that engenders self-realization via the identification and analysis of our inner life, and with practice, becomes more than another false absolution, but rather, real change. I especially love FPS because it is relatively simple yet powerful. All I have to remember is Feeling, Problem, Solution, and I can go to work. I think the effectiveness is dependent primarily on the honesty of the distressed. For example, "I feel angry, the problem is that person is stupid, the solution is to punch him in the nose." There is little therapeutic value here. But if I say, "I feel angry, the problem is that stupid person scares me, the solution is to give myself a break." that not only engendered an insight into my feelings, but allowed me an expression of them. . . I recommend it to everyone!”

Michelle Wiseman Gosser (2/24/2015)

“I use this method for my anger management on a daily basis. I want to thank Joseph for this awesome tool!”

Jason (2/23/2015)

“I, for one, think that this is a very simple way to attempt change. It has helped my outlook as well as my partnership. It is easy to attack those you love.”

Laurie Miller (2/23/2015)

“I study FPS and write it down to help me practice and to make it easier for me to use it regularly (in all types of situations). It has improved my anger and anxiety!”

Sheila Winter (7/15/15)

“This group has helped me realize I have an anger problem and it's not always the other person's fault. FPS has allowed me to stop and think before acting right away; most of the time I am glad that I am not alone anymore and that I have great friends here to vent to and get awesome help with my issues. With FPS I feel more in control of my life and future.”

Renee Bass (2/23/2015)

“It is a very useful tool in communication. It has helped me find a new way to talk to people without sounding accusatory and help me express myself and actively find a solution to my problems. I would recommend this to anyone looking to better their communication skills.”

Sheila Thornton (3/ 26/2015)

“Looks like a lot of people have had success so far. I'm excited to learn more about it. I know a lot of young children that would benefit from it as well.”

Anonymous (4/26/2015)

“. . . I feel reflective at the moment. I agree about the need to practice FPS. I believe in immersion. However, some people need a level of understanding of FPS

and a safe place to practice before handling rougher encounters such as trolls. These people who may have had a difficult time may find it too intimidating with trolls aboard. As this group grows, perhaps a separate group for FPS users who can manage trolls. A beginners and advanced group would be interesting and could help. Keep up the excellent work Joseph!"

Dianne Shenton (7/13/2015)

"Iggy, you have no idea how much this group has changed my life in the last few months. I have so much more awareness of how I CHOOSE to express my anger. I still have some ways to go, but FPS has saved me from myself more times than I can count. Much gratitude for you and the other admins."

Ali Navarro (7/16/15)

"First, I don't feel so ashamed about my anger issues because I know I am not alone. Second, I have hope that I will be able to deal with my anger in a more positive way, using fps. Third, I am learning tools on how to deal with similar issues in the future."

Greg Sargent (7/16/15)

"Using Iggy's FPS script, I now recognize when I'm getting upset, angry and pissed off. . . It's helping. . .But I still need improvement."

Tina Jones (7/18/15)

"My name is Tina I am one of many great administrators of Anger Management 101. FPS has changed my life completely and has showed me another way of thinking and controlling my anger along with making our family stronger. I almost lost my marriage and our house was so used to everyone walking on eggshells. Now we are able to communicate without anger and you statements (pointing fingers) we have grown stronger. It is a process of trial and error and it takes time and patience. I know for me studying it and using it daily in my journal writing has made it second nature to me. What almost a year can do. My best advice is don't

beat yourself up if you have a bad moment. Apologies go along way and you can turn it around and make it a learning experience.”

Joshua Irelan (7/19/15)

“Hello everyone, so sorry I have been absent for a bit, but a lot has gone on in my life. As many of you know I lost my family due to my anger. From this page and this awesome technique, I have learned to control it and after almost 4 months I am proud to say besides controlling my anger rather well I have got my family back and now get to prove to the love of my life and my family that I am a changed person. Anger beat me down in many battles but I have won the war. So let's spread this technique and help people. Love you Joseph Igomene and your help.”

Onitsha Tutt said, (7/22/15)

“I joined Anger Management 101 to get familiar with the different strategies people use to address their anger. I have learned so much from this group in the last three weeks. The best and most useful info is the use of FPS. I grew up in an angry home and work with angry children and adults, so I have learned healthy ways to communicate when upset but not always used. . . FYI, I even bought a book I saw posted on one of the timelines called I Love Anger. Thanks for the add, once again I have learned a lot.”

Lilann Po Ako (7/22/15)

“I’m just so excited to share my story. My mother told me she's planning to buy a cargo truck when our original plan is to secure a farm. I feel enraged. Normally I would express my displeasure by telling her: you should have done this and that rather than ever changing our plans. But then if I will do that she will never respond and I will be angrier until I disrespect her. But I used FPS and I can’t believe her telling me the details of her plan, in the end I totally agreed with her and found it to be a brilliant idea. I always thought she was autistic. Maybe she opens up because she didn't felt attacked.”

Zara Louise Spence (7/23/15)

“So I thought it right to share with you all a success story for me with FPS. Many people know I have issues with the customers at work well let me share a recent update... F- I feel happy my thoughts were taken into consideration and I was listened to. P- I get a lot of abuse where I work and I work alone at night. Well a customer complained about me...which is great because I got to sit down and speak with my boss. My boss listened as I explained on numerous occasions how this customer treated me. I told her how I felt and what the problem was and what I think should be done! S- Be open and honest because it helps. FPS has helped me gain confidence back and actually put procedures in place for safety. I think slowly but surely, this will change how I communicate even in my relationship; being 100% open with each other.”

Kayleigh A. Ellis (8/6/15)

“I too suffer with guilt from my Mom. She is normally impossible. With FPS, I learned to talk to her in a way where she listens. She throws the guilt I FPS, she answers FPS, FPS her until you're blue in the face. It works. First get used to using FPS in everyday life or in here, then once you're comfortable, put your big girl panties on and FPS her. My Mom tried to fight back 6x, I just kept calm and used FPS to talk back, I finally walked away and it was glorious. Next day she was all sweet and shit!”

Karyne Brassard (8/10/15)

“I personally feel that FPS is a powerful anger management and communication tool that helps prevent conflicts from escalating. The “F” part allows you to own your feelings and communicate them, which is a powerful way to be assertive, instead of being in a ‘fight or flight’ mode. The “P” part allows you to identify the specific issue that you are having. Make sure to use “I” statements instead of “you” statements (“you” statements can sound as if you're attacking the person you're talking with, which can make the conflict escalate). The “S” part allows you to think about what you would like to get as the best possible outcome. If you can't find any solutions, you may then ask for help or for advice

instead. Can FPS solve all of your problems? Probably not all of them at once, however, if you can manage to identify a very specific feeling and voice it clearly, it will definitely help you tremendously.

James Klingel (8/24/15)

“I’m just going to throw this out there... I was removed from this group because of a name I had on my profile... It wasn’t that I was trolling the group or anything but for the welfare of Joseph's group.... Which I respected... We talked about what -if anything- I've learned in the past 9 months I’ve been a member... To which I replied: “Yes I really do use the FPS”.... I didn’t comment much because I was learning.... I followed what was posted in here! But from my experiences I vowed to bring my knowledge about FPS and put it to use.... I'm what you call an "internet troll" ... I start shit and go with it.... But in here I didn’t because we ALL have something to learn... If a so called "troll" makes you upset, think long and hard about your reaction.... Example:

F) Pissed that someone is talking shit about me

P) I engaged a troll and they hurt my feelings

S) Either 1. Stop commenting and take a break or 2. Talk them through the FPS that was learned...

Who knew you could change an Internet troll into something else?”

Jay Castro (2/24/2015)

“Anger, or rather the improper expression of anger, has caused a great amount of damage in my life. Learning new ways to express my anger has been not only helpful, but necessary! Joseph's method of putting feelings (which is what matters most) on the table up front has proven to be a very useful tool. Simple but highly effective!”

Denise W., - “I think that you should create a communication class in general. Because the different techniques you suggest have been working for me.”

Dave Grout (5/1/2015)

I have come to value this group highly; I first joined because I was looking for support, for people who understood my anger issues. I thought - hell, I may even learn a thing or two. (I am familiar with all of the traditional anger management techniques, just don't always apply them!) I found myself annoyed by Joseph Igomene, it seemed like he was trying to provoke me! The Founder of this group was actually TRYING to PISS ME OFF! I later came to understand that he was, so that I could have a chance to practice this new FPS thing.

Well FUCK HIM I thought I gonna FPS him to death! I'll show him! And I did start using FPS, initially not because I thought there was any REAL value in it, but to spite this big, green, ugly, S.O.B! Somewhere along the line, I learned that this shit works. . .

All of this to say two things:

1) I wish and pray nothing but the best for you all, and I will be around, probably mostly "lurking" and checking out all the great and crazy things y'all have to say, crying with you at times, laughing with you at times and getting pissed off at you at times (just like real life) but I'm sure that I won't be able to resist throwing in a comment here and there! LOL

2) Hang around and grow people! Try to be tolerant of others and try to learn something, even if it is what NOT to do! Everyone that we meet comes into our life for a reason; don't lose the chance to figure out what that reason is because it will keep you from being stuck in old patterns and behaviors!

WHY?!

"The question has been asked by several members, why do we allow those who troll, instigate arguments, and insult others to remain in the group? I chose to answer this question with another. Why do you study for a test? Why do you go to training for work? Why do you practice if you play baseball? You see, our group here is called 'Anger Management 101'. Are you here to help manage your anger or emotions? What better way to learn how to do that than practicing with those who make you angry or antagonize you?

F-I'd had a horribly crappy day yesterday.

P- My second dog in two months was killed yesterday, I had to be at work instead of home helping my 3 yo son cope with it. It sucked. Then I came here and had to see the incessant bickering and insults thrown carelessly at others. I immediately logged off Facebook and when I calmed down, I came back and was able to address the situation calmly.

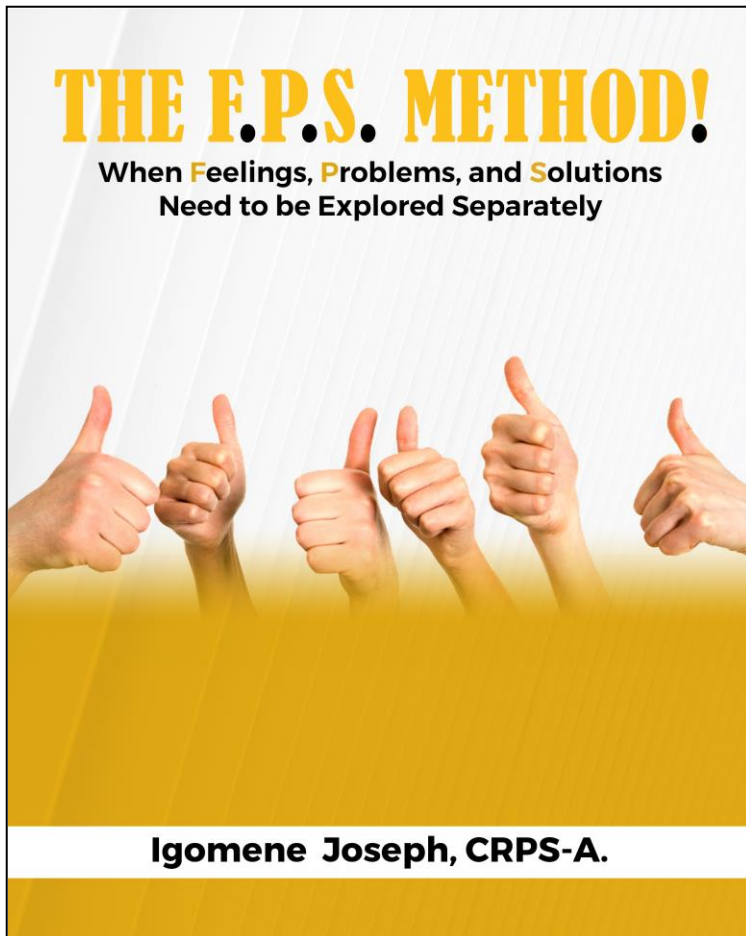
S- sometimes you have to know when to back away and return when you're better able to handle something. I was able to utilize deep breathing techniques to calm myself down after reading some of the comments, then FPS outline to communicate what I was feeling.

When situations come up, like yesterday's, don't use it as a chance to run, use it as a chance to confront and manage your anger and emotions towards others in a productive way. Does it matter what they say back to you? No! Because honestly, you are here to better yourself, right?"

So said, Kathryn Bryan Wall, AM 101 Admin.

Presenting...
Anger Management 101

A 4 hour, interactive, workshop for those interested in learning about managing and/or appreciating anger



Discussing ways to communicate effectively, not just talk. Our goal is to take a look at what it feels like to be... **Emotionally Constipated.**

How can I learn more about attending FPS Workshop?

**Registration is required*

If you have any questions, would like to register, please contact... Mr. Igomene "Iggy" Joseph at: **(954) 245-7752** or his assistant at: **angerwarriors@gmail.com**

Welcome Statement (for the online group)

I would like to invite you to the closed group we have on Facebook called “AM 101,” where we focus on FPS and other anger management techniques. At the moment, this is how the group works. Here’s the introduction: Welcome to “A.M.101.” That’s abbreviated for, “Anger Management 101.” It's super nice to have you join us! Here are 10 guidelines for you to know... and a few things I’d like to point out...

First, as an admin, I'm unsure if you know what **'trolls'** are, but there are many in life and in our online Facebook group. They are hard to spot, love to feed off misery and frenzy, and can strike out at any time. (Perhaps you might be one of them; in time I’ll know.) The key is to use troll as FPS practice.

Second, refrain from **over-thinking**: It’s where you attempt to think what another person thinks (or I might be thinking), before we even thought about thinking it, and then you respond to the thoughts you made up, as opposed to being in the moment. Avoid that!

Third, in this group we use a "tool," a guide, a technique if you will, "FPS" to help manage anger. The longer you stay, the quicker you’ll get the concept, but the key is applying it to any and all situations. “FPS” is short for “Feeling Problem Solution.”

Fourth, the weekend is usually very quiet in the Facebook group. Not much posting, commenting, dialogue, etc., so you are encouraged to open up, making it interactive and speak up. Also, silence or turn off your notifications. It can be very nagging once a thread goes haywire. Lol

Fifth, there are no rules! Everyone is encouraged to handle themselves accordingly. If you feel neglected, insulted, belittled, or overlooked, the key is not to panic and leave, but to voice your concern, immediately, using FPS of course!

Sixth, in the group, deleting a post, even your own, is nearly grounds to be removed from the group, by the “deleter” themselves. Any posted thread is good learning material for the members and me and used for notes to improve upon. When the notes have removed or deleted, valuable resources are gone along with it. Let's avoid this, shall we?

Seventh, own your emotions. Take control of them, stop disowning them and letting them control you. AM101 is a group aimed at teaching positive communication. It is not a therapy group. People come to this group for different reasons from different places. If you do not like the breadth of topics feel free to leave. But before you decide on doing that, just state the reason why using FPS method.

Eighth, like and follow this quote: "It's helpful to understand where another is coming from; not reacting in revenge or hate is the key to change for both you and them. Those who lash out at others are the ones in need of the most love." --Collective Evolution

Ninth, when you repress a feeling, ANY feeling (anger, love, CREATIVITY); it can then let itself out in some twisted ways...BE CAREFUL!

Tenth, just be honest! Come from the heart, no pretenses. Be your authentic self. You are home! This is the home of the FPS Brave.

Note to your Self: The only questions that are never answered are those that are never asked.



Closing Remarks

In closing, I'd like to say I am very pleased! I'm pleased because armed with these new set of skills at your disposal, I don't have to worry about you anymore. I don't need to stress because I know you are applying FPS to all your daily conversations and teaching it as you go along.

I will be proud because you've purchased this book and that gives me hope in knowing that one person can make difference; and you are going to be adding your efforts to continue to explain that Love can conquer hate, and that patience and understanding can overcome jealousy and greed.

For the last 10 years, with blood, sweat, and tears I have developed, implemented, and tested FPS with my team of Anger Warriors who assist me in bringing this to the public. I have taken courses, studied under great mentors and implemented this program in my own life. I walk my talk and encourage authenticity and honesty in emotional expression to heal the unquiet rage.

My anger used to rival that of the Incredible Hulk. I am beyond thrilled today to tell you about the FPS method that quieted my rage and turned my life around. FPS is elegantly designed to combat anger and release pent-up

emotions while teaching positive assertive communication skills. My method gets at the root cause of anger and teaches a powerful way to process the emotion in a healthy, non-combative manner. Many people today, sadly, are angry and silently raging. Let's turn this into a positive by utilizing the FPS method.

As of 11/5/2015, I run a successful Facebook group with over 10,000 members, I have a team of 15 “Anger Warriors” who help moderate the group while teaching how FPS works, and I also have a whole network and community that I am integrating together to bring this concept to the masses. I'm clear you will join me on this ground floor opportunity to bring positive communication techniques that deal with anger to the public.

Love,

Mr. Igomene Joseph

Igomene Joseph - FPS User, Creator, and Coach

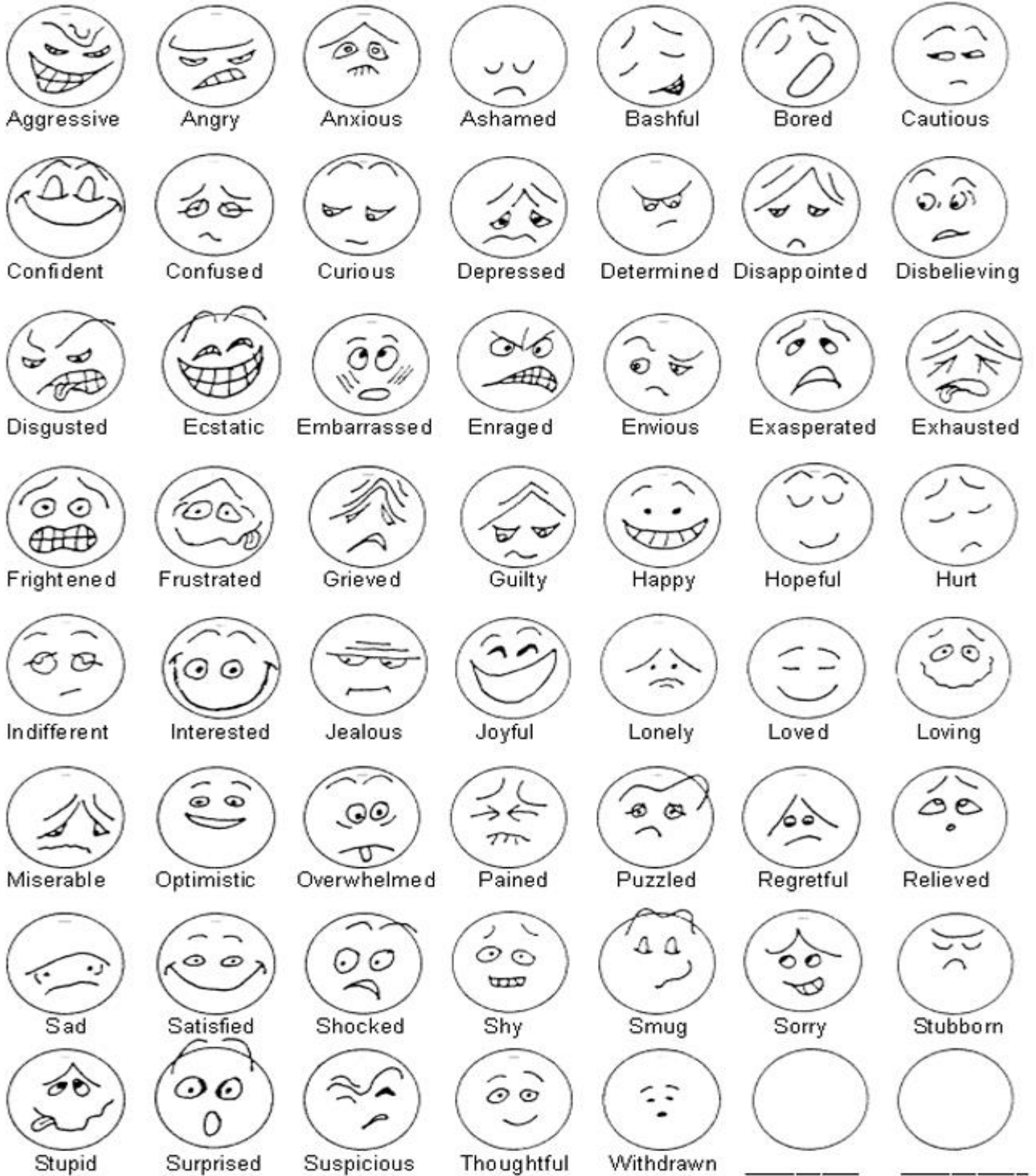
P.S. I am asking you today to invest in my program. With your wholesome donation, I and my team are creating curriculum and products to take FPS to the next level. I have a book in the works, upcoming speaking engagements, training others for upcoming speaking

engagements, and developing curriculum for a book and online class. Help me help others manage their anger and create a winning peaceful environment for all. Join me and my FPS community.

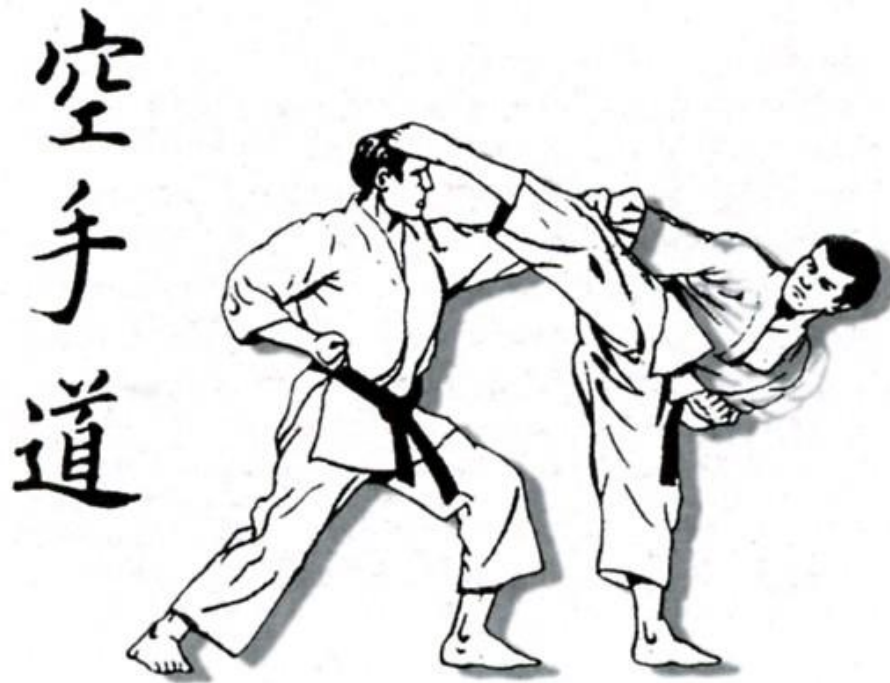
Here's a reminder I'm going to leave you with:

Your job is not to judge.
Your job is not to figure
out if someone deserves
something. Your job is
to lift the fallen,
to restore the broken,
and to heal the hurting.

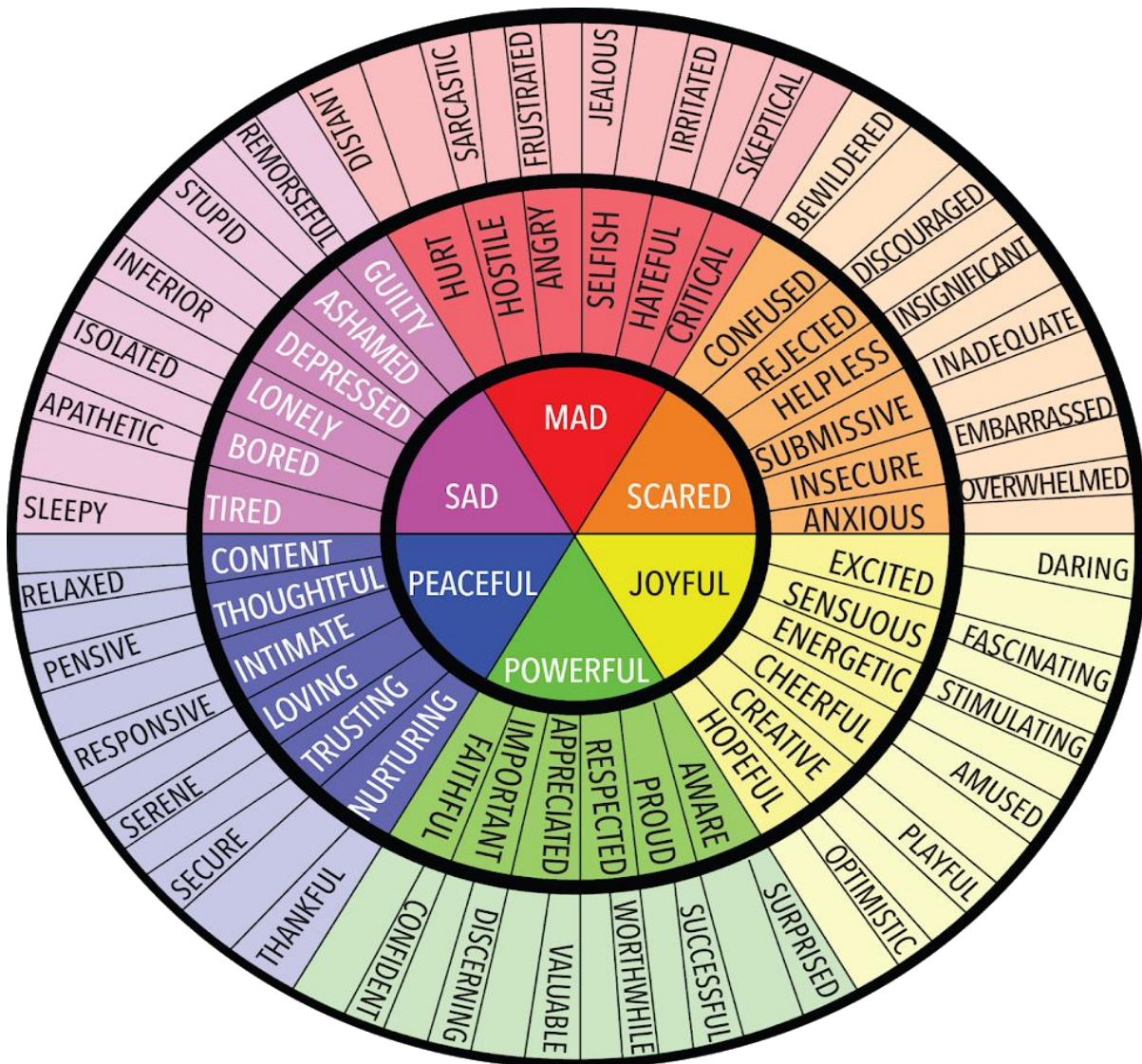
HOW DO I FEEL RIGHT NOW?



“Kungfu,” Jaden Smith, Karate Kid said, “is not about fighting, but making peace with your enemy!” Let’s replace “Kungfu” with the FPS method to achieve the same goal.



THE FEELING WHEEL



six segments corresponding to six primary feelings: mad, sad, scared, joyful, powerful, and peaceful. It has two outer concentric circles describing secondary feelings that relate to the primary ones, painted in lighter shades than their counterparts.

“Compassion hurts. When you feel connected to everything, you also feel responsible for everything. And you cannot turn away. Your destiny is bound with the destinies of others. You must either learn to carry the Universe or be crushed by it. You must grow strong enough to love the world, yet empty enough to sit down at the same table with its worst horrors.”

- Andrew Boyd

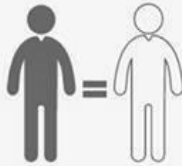
Anger is a natural emotion. It is the tool you have which allows you to say, "No, thank you." It does not have to be abusive, and it never has to be damaging to another. When children are allowed to express their anger, they bring a very healthy attitude about it to their adult years, and therefore usually move through their anger very quickly. Children who are made to feel that their anger is not okay -- that it is wrong to express it, and, in fact, that they shouldn't even experience it -- will have a difficult time appropriately dealing with their anger as adults. Anger that is continually repressed becomes rage, a very unnatural emotion. People have killed because of rage. Wars have started, nations have fallen."

- Neale Donald Walsch, "Five Natural Emotions," <https://spiritlibrary.com/neale-donald-walsch/five-natural-emotions>

HOW TO NOT BE HARD ON YOURSELF



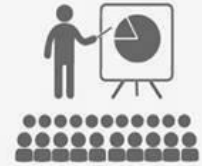
your mistakes are part of your learning



don't compare yourself to others because you are not them



there is no right way to do anything



stand up for what you believe, even if it's unpopular



learn from people who criticize you



accept your weaknesses as your "features"



look at your past as an adventurous biography



don't underestimate your talent until you apply it 100 times



every single problem you have is not unique



intelligence is relative, self-esteem is not



express your anger in a creative way



surround yourself with people who want you to succeed

by Anna Vital

**Stop blaming
yourself for other
peoples shitty
doings to you.**

**They fucked up.
Not you.**

HPLYRIKZ.COM

Passive	Passive Aggressive	Aggressive	Assertive
<p>Emotionally dishonest, indirect, inhibited, self-denying, blaming, apologetic.</p>	<p>Emotionally dishonest, indirect. Self-denying at first. Self-enhancing at expense of others later.</p>	<p>Inappropriately honest, direct, expressive, attacking, blaming, controlling, self-enhancing at expense of others.</p>	<p>Appropriately honest, direct, self-enhancing, expressive, self-confident, empathic to emotions of all involved.</p>
<p>“Others’ rights and needs take precedence over mine”</p>	<p>“I subtly make clear that my rights and needs prevail”</p>	<p>“I boldly insist that my rights and needs prevail”</p>	<p>I clearly express that we both have rights and needs”</p>



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NOTES





Igomene Joseph is an inspirational writer, speaker, and a Certified Recovery Peer Specialist. He is also the creator and developer of “F+P=S,” a personal development method, system or tool focused on assertive communication. He is a non-traditional student studying to obtain his A.A. Degree in Public Relations & Organizational Communications.

