

# Testimonial

**Kassandra (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. Now I have a wide range of emotions and feelings instead of just anger."*

**Greg (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."*



**Feeling**  
Solution • Problem

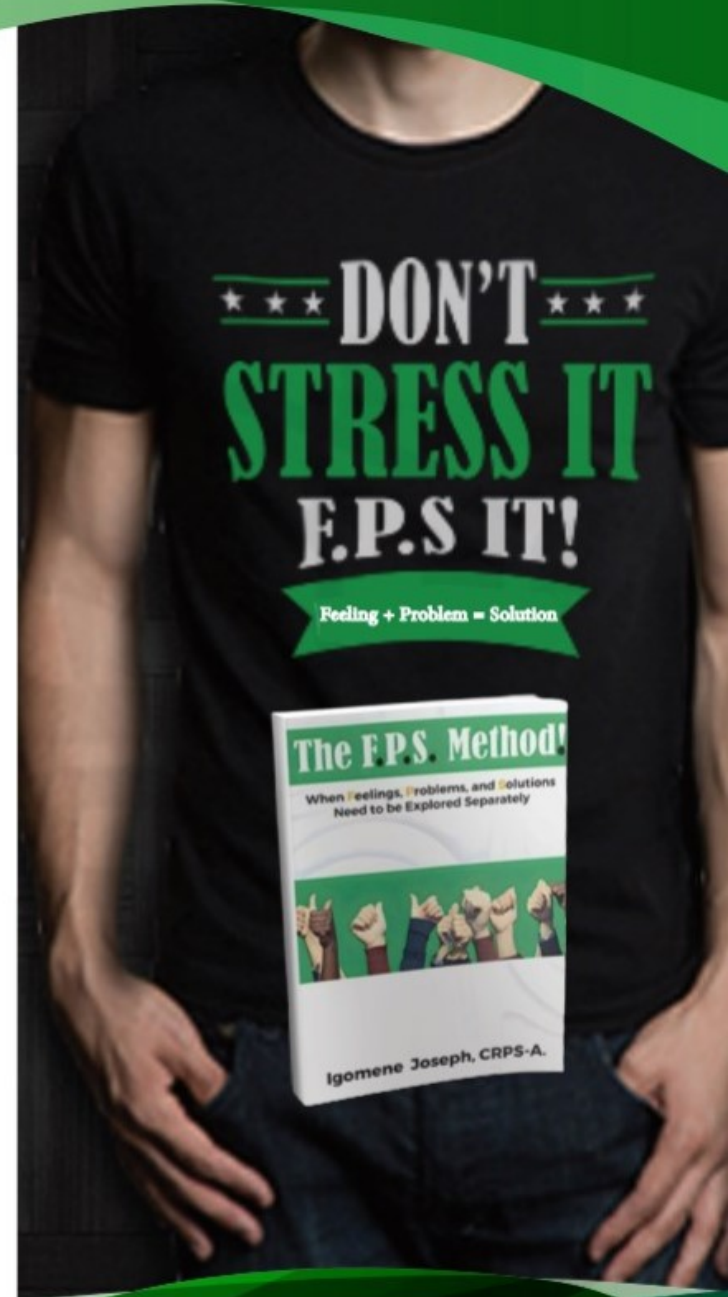
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\*\*\* DON'T \*\*\*  
STRESS IT  
F.P.S IT!  
Feeling + Problem = Solution



## FPS is here for you!

**"What is FPS?"** For gamers, FPS is First Person Shooter. In photography, Frames Per Second. For anyone who gets annoyed, we might say: "For Pete Sake." For user's of this tool, FPS is a wonderful 3-step communication method being taught as a skill to help us deal with our emotional blocks and concerns. It helps you:

- **Be aware of Feelings.**
- **Pinpoint the Problem.**
- **Lead to a Solution**

(F+P=S) Simple formula true, but not easy to apply. It can take up to 30 days to master this skill and would require lots of practice!

## How Does It Work?

To master FPS, 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 not to make you feel a certain way; especially if you feel angry, sad, lonely, etc.

So it's, "I feel concerned (emotion), when I can't understand why guns are such a problem (reason). I'm going to get answers (action.)"

## Why is the order of the steps important?

The order is important because it reduces defensiveness from your 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. Bad idea! That's like playing baseball and skipping to the third nor second base and missing first.



Scan Here

## Who Created FPS?

In 2005, FPS was developed by a certified peer specialist named Igomene "Iggy" Joseph, who has a passion for helping others. (Visit the website listed on the back for his bio)

Teaching FPS as a skill is a service being offered to adults ages 18 and over. Using the contact information on the back, call us for a free assessment to see if FPS would work for you. Our motto is simple...

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F.P.S IT!  
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