

FIGHT LANGUAGES

IN THE WILD



Sometimes it can be hard to know what Fight Language someone might be speaking. So let's break it down for easy identification of each Fight Language in the wild. What they sound like and phrases you might hear. What they feel like and the actions or energy you might notice. As well as a fluent phrase to have you changing the conversation for the better in a way that resonates with them. Dig into the Translator or the Fight Languages book for more even more ideas!

SOUNDS LIKE

FEELS LIKE

FLUENT PHRASE

IGNITORS:

- "I'm not mad, I'm just talking to you."
- "You should back off."
- "Why are you trying to make me mad?"
- "Did you even hear me?"
- "You need to let me cool off first."

- Focusing on what you did
- Stern or loud voice
- Angers easily
- Protective
- Intimidating

"I don't want to feel frustrated about this so I'm going to take a break. Can we try again in an hour?"
DON'T: Keep pushing the conversation when it feels tense.

AMPLIFIERS:

- "It was the WORST ever!"
- "I already explained why I'm upset!"
- "I'm not overreacting!"
- "I feel like you're not even hearing me!"
- "Nobody understands me."

- Focusing on their own experience
- Verbalizing feelings easily
- Quick to cry
- The victim
- Big reactions, happy or sad

"That sounds frustrating. I'm curious about how it felt - not what the other person did."
DON'T: Argue the validity of their feelings with them.

NEGOTIATORS:

- "I'm sure we can figure this out."
- "Maybe if we all just take a breath."
- "You might be overreacting."
- "Are you upset at me?"
- "I was just trying to help!"

- Focusing on fixing the problem
- A parent or therapist energy
- Wants to smooth things over
- Martyr
- Overly focused on you

"We're all getting frustrated, and I know we're working together to solve the problem."
DON'T: Put the responsibility on their shoulders to solve things.

ANALYZERS:

- "That doesn't make sense."
- "I prefer the facts over your feelings."
- "You're contradicting what you said."
- "I don't think that's true."
- "What proof do you have?"

- Focusing on the facts
- Questioning everything
- Looking for flaws in your argument
- Judge and jury
- Black/white reasoning

"This is frustrating. I want to understand your points but need a break to reset."
DON'T: Go point-for-point with them when things start feeling tense.

EXTINGUISHERS:

- "I don't think this involves me."
- "There's nothing to be upset about."
- "It's whatever."
- "I don't really care."
- "I'm going to head out."

- Focusing on leaving the situation
- Overwhelmed easily
- Quick to shut down
- Escapee role
- Not engaging in the conversation

"Are you getting frustrated? We can take a break. When would you like to pick the conversation back up?"
DON'T: Force them to engage when they're shutting down.