

NEGOTIATOR FIGHT LANGUAGE

As a Negotiator, you have a gift for seeing things from everyone's perspective, even when you're right in the middle of the disagreement. You notice tension early, understand where people are coming from, and often find yourself stepping in to smooth things over, whether anyone asked for your help or not. You value connection, and when things feel unsettled with someone you love, it's hard to relax until everything feels okay again.

But sometimes your need to restore peace gets ahead of your own needs. You might apologize just to end the tension, explain away someone's behavior, or agree to something you're not actually okay with. It feels like you're helping, but those unspoken feelings don't disappear. Over time, they can turn into resentment, especially when you feel like you're always the one doing the work to keep the peace.

Your empathy and ability to find common ground are some of your greatest strengths. Learning to give your own feelings and needs the same consideration you give everyone else's can help you build genuine resolution instead of simply ending the disagreement.

NEGOTIATORS YOU MIGHT RECOGNIZE



WHAT YOU MIGHT SAY

"NO, IT'S FINE! REALLY! DON'T WORRY ABOUT IT!"

WHAT YOU MAY MEAN

"IT'S NOT FINE, BUT I'D RATHER SWALLOW A CACTUS THAN HAVE THIS TURN INTO A FIGHT."

THERE'S A LOT MORE TO LEARN ABOUT NEGOTIATORS.
Grab the book, take a course online, or work with Lena and start untangling how your specific Fight Language.

**EXPLORE
THE FIGHT
LANGUAGES**

