

IGNITOR FIGHT LANGUAGE

As an Ignitor, anger is one of the easiest emotions for you to access, especially when you're hurt, scared, or feeling unprotected. You're fiercely protective of the people you love, but when you're the one who needs protecting, anger often steps in to do the job.

You don't necessarily want to fight. In fact, you've probably already tried to stop it. But when nothing works and things keep getting worse, that fire comes roaring out. It's your last-ditch attempt to end the conflict before anyone gets hurt even more. Unfortunately, you're often the one who pulls the pin on the grenade, leaving you with guilt and shame over the damage you were trying to prevent.

But that fire isn't a flaw. Your courage, loyalty, and protective instincts are some of your greatest strengths. Learning to recognize what's happening before you reach for the grenade can help you protect yourself and your relationships without becoming the one who does the damage.

IGNITORS YOU MIGHT RECOGNIZE



WHAT YOU MIGHT SAY

"FINE. YOU WANT TO GO THERE? LET'S GO!"

WHAT YOU MAY MEAN

"PLEASE STOP! THIS FIGHT IS GOING MACH JESUS AND I'M ABOUT TO MAKE IT WORSE."

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

**EXPLORE
THE FIGHT
LANGUAGES**

