

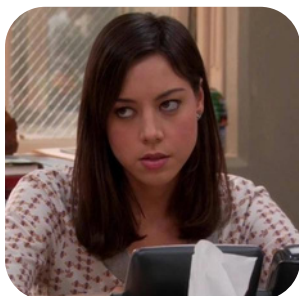
EXTINGUISHER FIGHT LANGUAGE

As an Extinguisher, you have a natural instinct to step back when conflict gets heated. While other people are talking or demanding answers, you might go quiet, retreat into your thoughts, or feel an overwhelming need to get away. It's not that you don't care. Sometimes there's so much happening internally that you can't figure out what to say.

But your silence can be confusing to the people who love you. While you're trying to keep things from getting worse, they may interpret your withdrawal as indifference or rejection. And the more they push for a response, the harder it can become to find one. You might need time and space to sort through what's happening internally, but without explaining that need, the other person can be left wondering whether you'll ever come back to the conversation.

Your ability to pause, stay measured, and recognize when emotions are running too high is one of your greatest strengths. Learning to communicate what's happening when you go quiet can help you take the space you need without leaving the people you love feeling shut out.

EXTINGUISHERS YOU MIGHT RECOGNIZE



WHAT YOU MIGHT SAY

"IT'S FINE. WHATEVER. I DON'T CARE."

WHAT YOU MAY MEAN

"I HAVE A LOT TO SAY, BUT EVERY VERSION OF IT ENDS WITH US BOTH IN HELL. SO I'LL PASS."

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

**EXPLORE
THE FIGHT
LANGUAGES**

