

AMPLIFIER FIGHT LANGUAGE

As an Amplifier, you have easy access to your emotions, and you aren't afraid to let people know how you're feeling. You experience the good stuff deeply, too. Your excitement, affection, and enthusiasm can be contagious, and you have a way of making other people feel comfortable expressing themselves.

But when you're hurt, frustrated, or misunderstood, those feelings can be just as intense. You want the people you love to understand what you're experiencing, and when they don't seem to get it, you may find yourself expressing those emotions even more strongly. Sometimes, in trying to explain how you feel, you end up telling someone what they did wrong instead. And suddenly, you're arguing about who's to blame rather than what's actually hurting.

Your emotional depth is what makes you passionate, empathetic, and deeply connected to the people around you. Learning to separate what you're feeling from what you're assuming about someone else's intentions can help you express yourself without getting stuck in a fight about who's to blame.

AMPLIFIERS YOU MIGHT RECOGNIZE



WHAT YOU MIGHT SAY

"I'M DONE!! AND ANOTHER THING..."

WHAT YOU MAY MEAN

"I'M HURT, YOU'RE NOT GETTING IT, AND I'M THREE SECONDS FROM CHEWING THROUGH THE DRYWALL."

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

**EXPLORE
THE FIGHT
LANGUAGES**

