

FAQ about FPS

(My apologies, due to some limitations, please excuse any typos or grammar errors that you may notice)

1. Q. Hmm. Kickstarter, eh? I've never heard of it, what is Kickstarter?
 - A. Kickstarter welcomes and supports projects in the diverse categories of Art, Comics, Crafts, Dance, Design, Fashion, Film & Video, Food, Games, Journalism, Music, Photography, Publishing, Technology, and Theater.

2. Q. Alright, so what is "FPS" then?
 - A. FPS is a publishing idea being used by many right now. To help supports communicate better with others, FPS stands for Feeling Problem Solution.

 - B. FPS is about learning that it's better to state your (F) Feelings, first in any given situation, followed by the (P) Problem and then next the (S) Solution by using "I" instead of "you" statements.

 - C. We mainly fight and argue over not being heard. If you are truly interested in managing anger issues, and want be heard correctly, practice using this method. Anger comes from feeling frustration as if anything you say is either being ignored or not respected. And if you'd like people to hear and respect what you have to say, then use this method. See pinned diagram for illustration. Try it, before you deny it!

3. Q: Okay what's your qualification? Are you an expert on managing anger and how was it developed, again?
 - A. It was develop by a guy named, Iggy, who is a certified peer specialist and has a passion to help others. With over 10 years of personal experience, he saw that much of his frustration in life was centered on communicating his needs.

4. Q. Who are you and how you started all of this?
 - A. We call ourselves Anger Warriors, non-professionals helping others who share in our experience. This project was developed by its founder, Igomene Joseph. This project FPS/Kickstarter Project began as a result of his wanting to improve his communication with others in order to reduce his own stress and anxiety.

5. Q. What's been done so far, what we need to do and how we plan to do it?
 - A. Multiple study groups have been done in the privacy of the founder's own home. All we're asking for is a financial contribution towards the \$1,000 goal.

6. Q. Listen, suppose I didn't want to join the group, instead I just wanted to support this campaign, how I can help?

A. Make a pledge to the campaign in as little as \$5. Just visit our home page at: www.angerwarriors.wix.com/fpsit

7. Q. This is great and all, but what do I get for helping you and your team? Is there like a reward of some kind?

A. Yes. There are a few reward options.

Reward #1: Pledge \$20 or more gives you...

"I Love Anger" (Paperback) – December 13, 2014 by Isaac Rowe (Author) "I Love Anger"... attempts to provoke the deepest areas of your curiosity by driving you to ask yourself, "Do I love anger?" This book paints a picture of a life, riddled with uncontrollable variables, in which deposits of anger can slip in right below the radar.

Estimated delivery: Dec 2017. Only ships to: United States

Reward #2: Pledge \$50 or more gives...

Anger Management Workbook and a T-shirt (offered in various sizes) that says, "Don't stress it, FPS it!"

Estimated delivery: Dec 2016. Only ships to: United States

Reward #3: Pledge \$150 or more...

Certificate of Appreciation, Anger Management Workbook and a T-shirt (offered in various sizes) that says, "Don't stress it, FPS it!"

Estimated delivery: Dec 2016. Only ships to: United States

Reward #4: Pledge \$200 or more gives you...

An FPS Diary. This helps you with your emotional intelligence quotient (EQ), and helps you identify and focus on what you do when you feel a certain way. You can make corrections in the diary when you write things down to make improvements next time. It has pages that say: "Today I feel...". "The problem I'm having...". "The solution to this or these problems is to:

Estimated delivery: Dec 2016. Ships anywhere in the world

Reward #5: Pledge \$300 or more gives you...

Alternative Ideas and offers: FPS Fridge magnets, FPS Bumper Stickers, keyboard calendars, Polo Shirts and the FPS workbook. The workbook would contain an explanation of what FPS is, examples of it in use and practice scenarios like the group assignments on the site. Also included in this pledge is your Certificate of Appreciation, the book, "I Love Anger" and T-shirt (offered in various sizes) that says, "Don't stress it, FPS it!"

Estimated delivery: Dec 2016. Ships anywhere in the world

8. Q. Okay, okay, I understand. So what exactly what is the funding going toward?

A. Developing an FPS brand, workbook, and the implementation of this concept into a working project to bring to schools, jails, and more. Also, the funding goes towards design, printing and marketing; legal expenses and administration cost.

9. Q. I believe that I saw the phrase "Certified Peer Specialist" somewhere? What does that mean?

A. Titled under various names, Peer Recovery Support Specialists are individuals who are in recovery or have life experience from any life altering event or disruption. Their life experiences allow them to provide recovery support in such way that others can benefit from their experiences.

10. Q. Sounds really good so far, are you going to include feeling exercises?

A. Yes. There will be 50 or more exercises in the FPS workbook to assist those who actively want the help.

11. Q. Just a thought, are you going to include space for a journal inside the workbook?

A. Yes. There will be space in the workbook to write notes.

12. Q. Who is going to give workshops?

A. Workshops will be facilitated by individuals who understand how the FPS method works. We have not certified them, these are compassionate people with a drive to help others, but through their lived experiences and testimonies, it has made a difference in their lives and they are now willing to give back and bring the concept to more people.

13. Q: I hate to mention this, but what happens if you do not reach your goal amount?

A. A: Retrieved from Kickstarter website: "Funding on Kickstarter is all-or-nothing. No one will be charged for a pledge towards a project unless it reaches its funding goal."

