

# Testimonies

**Dave Grout (5/1/2015)**... I have come to value this group highly; I first joined because I was looking for support, for people who understood my anger issues. I thought - hell, I may even learn a thing or two. (I am familiar with all of the traditional anger management techniques, just don't always apply them!) I found myself annoyed by [Joseph Igomene](#), it seemed like he was trying to provoke me! The Founder of this group was actually TRYING to PISS ME OFF! I later came to understand that he was, so that I could have a chance to practice this new FPS thing.

Well FUCK HIM I thought I gonna FPS him to death! I'll show him! And I did start using FPS, initially not because I thought there was any REAL value in it, but to spite this big, green, ugly, S.O.B! Somewhere along the line, I learned that this shit works. He also taught me the value of the haters, (or I guess in FB groups they are called trolls). I now know that these people who come into the group and intentionally try to stir shit up, give me a chance to practice what I've learned so that it comes more naturally when I really need it.

What happened next was that I saw this as an opportunity not just to GET but to GIVE. I have long known that there is no better way to help yourself get out of your shit than to help someone else get out of theirs. I then got addicted to the group. Had to check it out every morning when I woke up and every night before going to sleep. I then started spending most of my workdays on FB and this group, not just reading but commenting.

Fast forward – I almost lost my job because of lower performance levels (because I wasn't working half the time? Maybe). I did lose a bonus that I desperately needed. So I have not been on here nearly as much the last week or so, and will not be in the foreseeable future. I also have a VERY hectic personal life for way too many reasons to go into right now, so not much time at home for FB either.

All of this to say two things:

- 1) I wish and pray nothing but the best for you all, and I will be around, probably mostly "lurking" and checking out all the great and crazy things y'all have to say, crying with you at times, laughing with you at times and getting pissed off at you at times (just like real life) but I'm sure that I won't be able to resist throwing in a comment here and there! LOL

- 2) Hang around and grow people! Try to be tolerant of others and try to learn something, even if it is what NOT to do! Everyone that we meet comes into our life for a reason; don't lose the chance to figure out what that reason is because it will keep you from being stuck in old patterns and behaviors!

Pardon my lengthiness, G/N and talk to y'all when I can.

**Ashley Lynch (10/08/2014)** "Hey I wanna get the most out of this group and life! Anger stands in the way of everything but FPS helps put the craziness of anger into a nice neat order and it's useful that way. It's hard but it's very helpful! Thank you for showing me the FPS way."

**Vee NaturalBeauty (11/9/2014)** "I used FPS today over the phone with the customer service agents for my credit card company. I was able to get a late fee waived and an extension on a payment. In addition to that, I feel much better! To be honest, I do see the benefit of expressing my feelings, rather than

holding it in and letting it eat away at me, though Iggy feels that I am not always supportive of him. My take on it is, even if you haven't even identified your feeling yet, it is better to use an "I" statement, than a "you" statement."

**MG (11/15/2014)** "When I first came to this group I was very nervous about seeking help. But I was having lack of control over my anger. I have only posted the one time, and some of the admins offered to be there for me in my time of need. Luckily, I did not need to pursue further help; however I am still extremely grateful to those who offered. I recently learned that my diet was causing extreme anxiety, fatigue, and physical pains, which in turn was always making me angry. I've since got it under control and I couldn't be happier. I still have outbursts, and I don't feel I'm completely out of the woods yet. I just want to thank those that supported me, and to offer encouragement to others. While it may not be as easy as a diet change, I still have hope that everyone else here can find the calm that I have. I'm currently in the middle of pursuing a degree in psychology, and hope someday to help others with the same problems I have faced. I still plan on staying here for a while, but I just want to wish everyone a great day and future."

**Jamie Jacobi (11/22/2014) #AngerWarriors** "Tonight was the first time I've tried FPS on my husband since his arrival home. My first attempt was not as successful as I hoped (since it resulted in a manic episode from me and shutting down by him). That being said, after we took showers and I put the kiddo back to bed, we talked and I used FPS to tell him how I was feeling and the emotions I was having trouble with. He understood, we apologized, kissed and made up. The night just ended reallyyyy well. FPS works best when both parties participate in communicating!!

**King Reginald Smith (12/16/2014)** "WOW!! This is an eye opener for me. It makes dealing with emotions much clearer and easier to understand. Thank you, Joseph Igomene."

**Cynthia Apruzzese (12/17/2014)** "My opinion on this is that it's an awesome idea to get folks that are in crisis to focus to get themselves under control mentally and emotionally. I'm starting to follow in your steps Joe. You've been a big help to me. FPS can be used anytime to express a point in an appropriate manner."

**Susan Mason (12/17/2014)** "Since being a part of this group, I'm doing a lot better with my anger! I even got a date night out with my man. He's been there for a while, was hiding down in the man cave to avoid my outbursts. I think that's great progress."

**K.T. (1/1/2015)** "I've been controlling my anger pretty well lately because whenever I get angry I use FPS silently and usually I realize I'm mad at nothing and if it is something I can handle it in a much better way. A lot of my personal relationships are going much better. Thanks to this group I'm still working on it but definitely improving!!! Thank you!! "

**Tina (1/10/2015)** says, "I am thankful for everyone in this wonderful group and I want to let everyone know that FPS has saved my marriage. I have studied, still study, and use it daily in my journal. Without everyone sharing our ups and downs, advice, & caring I don't think my marriage (or me) would be where

it is! FPS is a wonderful coping mechanism and a special shout out to Vee NaturalBeauty & Igomene Joseph because you are both amazing and honest I love you both!"

**Kassandra Wheeler (1/17/2015)** "F.P.S. has changed my life. I used to be a very angry person. I was angry at everyone and mostly myself. Anger management 101 has taught me that anger isn't a solution and how to find what my real feelings are and be able to talk about them instead of just blowing up. Now I have a wide range of emotions and feelings instead of just anger."

**Rebecca (2/13/2015)** "FPS is a simple system that has changed my life completely. Where I usually would lose it and start yelling, now I take the time to process and learn what I am feeling and the root cause of that feeling. That way, it can be explained and dealt with civilly rather than a fight happening. Props to Joseph for creating this program; it really is an eye opener and makes you think."

**Angeles Molina (2/13/2015)** "FPS takes practice. It's a great tool. It helps with better communication as well as identify ones feelings; especially, for those who are like me that half the time we are unsure of what it is we are feeling or what is that we want from ourselves and/or others. Being able to identify my feeling, using FPS, and then communicate it properly to others has helped me so much. Learning, practicing, and working on it is great way to master it. Taking a breath to calm down and control the anger is a work in progress for me, but now with FPS I have another useful tool to help deal with my anger and explain it better to others."

**Joshua Irelan (2/23/2015)** "Thanks for the love and I am appreciative for the things I have read and learned from. This group, Anger Management 101, is a beautiful page that even people without an anger problem could use. They could better understand anger and help those with anger how to cope and manage it."

**Roots Queen (3/16/2015)** "FPS isn't something new for me, Iggy has been explaining this forever and thank God now he's sharing it with the world in this way because it's the greatest tool I have ever practice, it's the only tool that have save my love life relationship and the relationships I have with my friends. Really I recommend you share this tool with everyone you so care about, because if it works for me, it will for you too!"

**Atul Satam (3/16/2015)** "It's a great tool :) it helps at 90% of the times... But there's a 10% which ruins the game always... But it's found in the most complicated things or silliest things :p It is a pleasure of using it... And one more thing, those YOUR ASSIGNMENTS they aren't working brother... Convert the statements and all... I think that I don't get its concept maybe you have some different views about it... Thank you for doing such job :) May God bless you :)"

**Valerie (2/14/2015)** "As a person seeing the development of this simple system, "FPS," with the guidance of my longtime friend Iggy. It helps to reduce or eliminate anger and anxiety issues in others; it gives me great pleasure to see it change lives."

**Samuel B Sharpe (2/12/2015)** "FPS, in my opinion, is valuable as a form of self-therapy and for facilitating self-discovery. Unmanageable ambiguity and the confusion and damage that often follow become specific, manageable realities when FPS is exercised. FPS requires finding real change and improving solutions to our distresses rather than dwelling in the vacuous deterioration of anger and its associated carnage. FPS is an astute formula that engenders self-realization via the identification and analysis of our inner life, and with practice, becomes more than another false absolution, but rather, real change. I especially love FPS because it is relatively simple yet powerful. All I have to remember is Feeling, Problem, Solution, and I can go to work. I think the effectiveness is dependent primarily on the honesty of the distressed. For example, "I feel angry, the problem is that person is stupid, the solution is to punch him in the nose." There is little therapeutic value here. But if I say, "I feel angry, the problem is that stupid person scares me, the solution is to give myself a break." that not only engendered an insight into my feelings, but allowed me an expression of them. FPS helps me manage along this perilous life so that I may live a more meaningful life and in the process, ameliorate the damage around me. I recommend it to everyone!"

**Jay Castro (2/24/2015)** "Anger, or rather the improper expression of anger, has caused a great amount of damage in my life. Learning new ways to express my anger has been not only helpful, but necessary! Joseph's method of putting feelings (which is what matters most) on the table up front has proven to be a very useful tool. Simple but highly effective!"

**Michelle Wiseman Gosser (2/24/2015)** "I use this method for my anger management on a daily basis. I want to thank Joseph for this awesome tool!"

**Jason (2/23/2015)** "I, for one, think that this is a very simple way to attempt change. It has helped my outlook as well as my partnership. It is easy to attack those you love."

**Laurie Miller (2/23/2015)** "I study FPS and write it down to help me practice and to make it easier for me to use it regularly (in all types of situations). It has improved my anger and anxiety! I feel this is going to help a lot of people if they take the time to learn something new!! No one ever said life was easy everything takes time and work. :)"

**Laurie Miller (7/15/15)** "This group has helped me realize I have an anger problem and it's not always the other persons fault. FPS has allowed me to stop and think before acting right away; most of the time I am glad that I am not alone anymore and that I have great friends here to vent to and get awesome help with my issues. With FPS I feel more in control of my life and future."

**Renee Bass (2/23/2015)** "It is a very useful tool in communication. It has helped me find a new way to talk to people without sounding accusatory and help me express myself and actively find a solution to my problems. I would recommend this to anyone looking to better their communication skills."

**Sheila Thornton (3/26/2015)** "I think it's a great idea for those that use it to support it and if it works for one there are others that would benefit too. Looks like a lot of people have had success so far. I'm excited to learn more about it. I know a lot of young children that would benefit from it as well."

**Anonymous (4/26/2015)** "...I feel reflective at the moment. I agree about the need to practice FPS. I believe in immersion. However, some people need a level of understanding of FPS and a safe place to practice before handling rougher encounters such as trolls. These people who may have had a difficult time may find it too intimidating with trolls aboard. As this group grows, perhaps a separate group for FPS users who can manage trolls. A beginners and advanced group would be interesting and could help. Keep up the excellent work Joseph!"

**Dianne Shenton (7/13/2015)** "Iggy, you have no idea how much this group has changed my life in the last few months. I have so much more awareness of how I CHOOSE to express my anger. I still have some ways to go, but FPS has saved me from myself more times than I can count. Much gratitude for you and the other admins."

**Ali Navarro (7/16/15)** "First, I don't feel so ashamed about my anger issues because I know I am not alone. Second, I have hoped that I will be able to deal with my anger in a more positive way, using fps. Third, I am learning tools on how to deal with similar issues in the future."

**Greg Sargent (7/16/15)** "Using Iggy's FPS script, I now recognize when I'm getting upset, angry and pissed off. . . It's helping . . .But I still need improvement."

**Tina Jones (7/18/15)** "My name is Tina I am one of many great administrators of Anger Management 101. FPS has changed my life completely and has showed me another way of thinking and controlling my anger along with making our family stronger. I almost lost my marriage and our house was so used to everyone walking on eggshells. Now we are able to communicate without anger and you statements (pointing fingers) we have grown stronger. It is a process of trial and error and it takes time and patience. I know for me studying it and using it daily in my journal writing has made it second nature to me. What almost a year can do. My best advice is don't beat yourself up if you have a bad moment. Apologies go along way and you can turn it around and make it a learning experience."

**Joshua Irelan (7/19/15)** "Hello everyone, so sorry I have been absent for a bit, but a lot has gone on in my life. As many of you know I lost my family due to my anger. From this page and this awesome technique I have learned to control it and after almost 4 months I am proud to say besides controlling my anger rather well I have got my family back and now get to prove to the love of my life and my family that I am a changed person. Anger beat me down in many battles but I have won the war. So let's spread this technique and help people. Love you Joseph Igomene and your help."

**Onitsha Tutt said (7/22/15)** "I joined Anger Management 101 to get familiar with the different strategies people use to address their anger. I have learned so much from this group in the last three weeks. The best and most useful info is the use of FPS. I grew up in an angry home and work with angry children and adults, so I have learned healthy ways to communicate when upset but not always used. I am still confused with the "troll" lingo and how these people are allowed to harass and taunt others in the group, this behavior is not allowed anywhere, especially in an environment where people are seeking help. But I guess there us a reason for it. FYI, I even bought a book I saw posted on one of the time lines called I Love Anger. Thanks for the add, once again I have learned a lot."

**Lilann Po Ako (7/22/15)** "I know you are sleeping but I'm just so excited to share my story. My mother told me she's planning to buy a cargo truck when our original plan is to secure a farm. I feel enraged. Normally I would express my displeasure by telling her: you should have done this and that rather than ever changing our plans. But then if I will do that she will never respond and I will be angrier until I disrespect her. But I used FPS and I can't believe her telling me the details of her plan, in the end I totally agreed with her and found it to be a brilliant idea. I always thought she was autistic. Maybe she opens up because she didn't feel attacked. Goodnight. I just wanted to share."

**Zara Louise Spence (7/23/15)** "So I thought it rights to share with you all a success story for me with FPS. Many people know I have issues with the customers at work well let me share a recent update... F- I feel happy my thoughts were taken into consideration and I was listened to. P- I get a lot of abuse where I work and I work alone at night. Well a customer complained about me...which is great because I got to sit down and speak with my boss. My boss listened as I explained on numerous occasions how this customer treated me. I told her how I felt and what the problem was and what I think should be done! S- Be open and honest cause it helps FPS has helped me gain confidence back and actually put procedures in place for safety. I think slowly but surely, this will change how I communicate even in my relationship; being 100% open with each other."

**Kayleigh A. Ellis (8/6/15)** "I too suffer with guilt from my Mom. She is normally impossible. With FPS, I learned to talk to her in a way where she listens. She throws the guilt I FPS, she answers FPS, FPS her until you're blue in the face. It works. First get used to using FPS in everyday life or in here, then once you're comfortable, put your big girl panties on and FPS her. My Mom tried to fight back 6x, I just kept calm and used FPS to talk back, I finally walked away and it was glorious. Next day she was all sweet and shit!"

**Karyne Brassard (8/10/15)** "I personally feel that FPS is a powerful anger management and communication tool that helps prevent conflicts from escalating. The "F" part allows you to own your feelings and communicate them, which is a powerful way to be assertive, instead of being in a 'fight or flight' mode. The "P" part allows you to identify the specific issue that you are having. Make sure to use "I" statements instead of "you" statements ("you" statements can sound as if you're attacking the person you're talking with, which can make the conflict escalate). The "S" part allows you to think about what you would like to get as the best possible outcome. If you can't find any solutions, you may then ask for help or for advice instead. Can FPS solve all of your problems? Probably not all of them at once, however, if you can manage to identify a very specific feeling and voice it clearly, it will definitely help you tremendously.

**James Klingel (8/24/15)** "I'm just going to throw this out there... I was removed from this group because of a name I had on my profile... It wasn't that I was trolling the group or anything but for the welfare of Joseph's group.... Which I respected... We talked about what -if anything- I've learned in the past 9 months I've been a member... To which I replied: "Yes I really do use the FPS".... I didn't comment much because I was learning.... I followed what was posted in here! But from my experiences I vowed to bring my knowledge about FPS and put it to use.... I'm what you call an "internet troll"... I start shit and

go with it.... But in here I didn't because we ALL have something to learn... If a so called "troll" makes you upset, think long and hard about your reaction.... Example:

F) Pissed that someone is talking shit about me

P) I engaged a troll and they hurt my feelings

S) Either 1. Stop commenting and take a break or 2. Talk them through the FPS that was learned...

Who knew you could change an Internet troll into something else?"

**I am truly grateful to all the friendly souls who have helped me, so far...**

*Thank  
You*