



8 Flapping Fixes...

To deal with the stress associated with Emotional Triggers

{F}...Forgiving Forgiveness is an active choice we make so we no longer allow the other person's negativity to affect us.

{L}...Listening Talking is not the problem. A lack of listening may be the culprit. Listening is a beautiful alternative to assuming...and misunderstanding.

{A}...Asserting Flapping may necessitate assertiveness...on your part. Speak your truth, be respectful, and do not allow yourself to become negatively engaged.

{P}...Practicing Whatever strategy (or strategies) you choose to deal with flappers and emotionally triggering situations, remember that practice is important.

{P}...Praying Praying is a direct line to God. He knows your heart and mind. He understands your emotions and feelings. Seek His wisdom.

{I}...Intuiting Intuiting is the process by which we recognize emotional (flapping) triggers and discerning how to respond to them.

{N}...Negotiating In certain cases, flapping can lead to resolution. Through positive communication techniques it is possible that flapping can be effectively handled.

{G}...Guiding What if, instead of flapping back, you invited that person(s) to be your friend, invited them to be in a relationship with you, embraced them rather than rejected them?