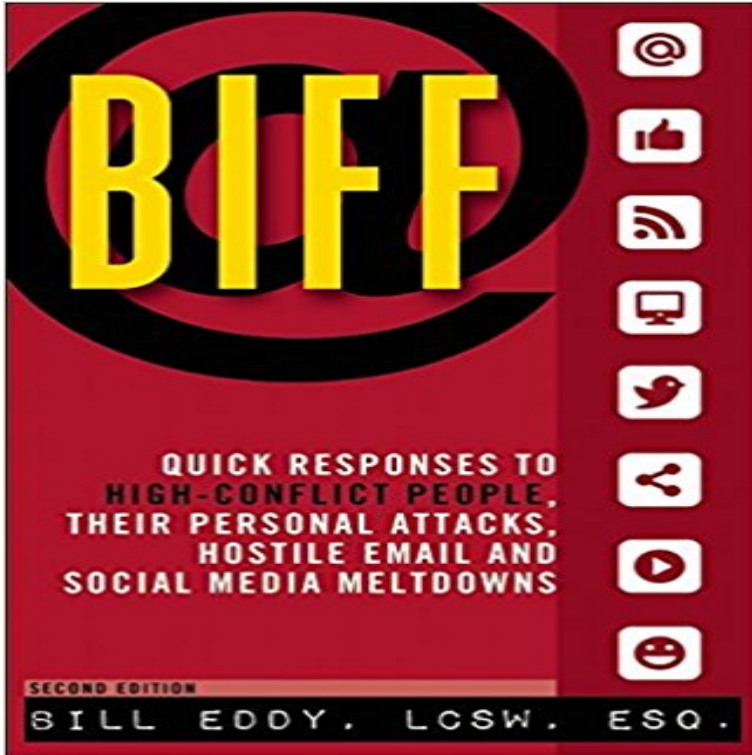


BIFF: Quick Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns



We live in an age of rapid change and instant communication. We also live in a Culture of Blame and Disrespect, creating a need to manage our responses to high-conflict people. A BIFF Response can be applied in any communication anywhere – online, social media, in a letter or even in person. It can be used at work, earning you respect and success. It can help you get along with difficult family members, friends, neighbors and others anywhere in your life. BIFF was designed to protect you and your reputation by responding quickly and civilly to people who treat you rudely, while being reasonable in return. BIFF stands for Brief, Informative, Friendly, and Firm. A BIFF response is easy to remember, but hard to do. It takes practice! This little book gives over 20 examples of BIFF responses for all areas of life – plus additional tips to help you deal with high-conflict people anywhere. This Second Edition includes a new chapter on Coaching for BIFF Responses. Anyone can use this method to help someone else with a BIFF response – by asking 10 simple questions to make it even more effective. Another helpful tool to shift high-conflict people from blaming to problem-solving is So, Whats Your Proposal: Shifting High-Conflict People from Blaming to Problem-Solving, also by Bill Eddy. Bill Eddy, LCSW, Esq., is a lawyer, therapist, mediator, author, and president of High Conflict Institute. He developed the high conflict personality theory and has become an international expert on

managing disputes involving high-conflict personalities and personality disorders.

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Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns eBook: Bill Eddy, LCSW Esq. You may be dealing with a high conflict person. However, some people have a greater predisposition to high conflict behavior. In his book, BIFF: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns, Bill Eddy, LCSW Esq. provides a BIFF Response method. Much of hostile mail or email does not need a response. Eddy is an attorney, mediator and therapist, and the author of several books including BIFF: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns, from which this is partially excerpted, and Its All YOUR Fault! BIFF: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns, Publishers Note: This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional service. If legal advice or other expert assistance is required, the services of a competent professional should be sought. Buy BIFF: Quick Responses to High Conflict People, Their Hostile Emails, Personal Attacks and Social Media Meltdowns on Amazon. FREE SHIPPING on BIFF Response at Work - EEOC Training Institute BIFF: Quick Responses to High Conflict People, Their Hostile Emails, Personal Attacks and Social Media Meltdowns by Eddy, Bill (5/1/2011) on Amazon. Read Book Online BIFF: Quick Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns Bill Eddy, PDF BIFF: Quick Responses to Its All Your Fault at Work!: Managing Narcissists and Other - Google Books Result BIFF: Quick Responses to High Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns. June 27, 2012. Image Hi, Im Megan Hunter, rickbartow.com | fnvshop.com | newjobinpk.com | slo-trade.com | new-york-opendi.com | sigmapropertyindonesia.com | deadonrevival.com | anneliebork.com | campuscashy.com