

# Communication Tools: BIFF - Handout

If you feel or are experiencing communication issues with your spouse, ex-partner, or other individuals check out the below links that maybe be a helpful tool. **BIFF** is **B**rief, **I**nformative, **F**riendly, and **F**irm. BIFF responses are designed to help your respond to written hostilities and can also be used in person-to-person communication. Please see below:

1. <https://www.highconflictinstitute.com/biff-responses>
2. <https://www.psychologytoday.com/ca/blog/5-types-people-who-can-ruin-your-life/201809/biff-4-ways-respond-hostile-comments>
3. <https://www.ontario.ca/document/health-and-physical-education-grades-1-8/social-emotional-learning-sel-skills>