

WHO PUSHES YOUR BUTTONS?

There's nothing more annoying than having one of the neighborhood kids constantly ringing your doorbell!!!

After repeated attempts to stop them, there is only one thing left to do:

DISCONNECT the wiring!

When they don't get the same response – they'll stop bothering you!

The same holds true for people who like to “push your buttons”

As long as they get the response they are looking for – they'll keep doing it!

The best way to stop them?



Disconnect the wiring to those buttons!

<u>Button that gets pushed</u>	<u>Who Does It?</u>	<u>Response - (Old Wiring)</u>	<u>New Wiring Response</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

WHO PUSHES YOUR BUTTONS?

<u>Button that gets pushed</u>	<u>Who Does It?</u>	<u>Response - (Old Wiring)</u>	<u>New Wiring Response</u>
Anger	Husbands	Engage	Talk
Guilt	Wives	Feed it	Humor
Failure	Aunt	Push for answer	Laughter
Not doing enough	Parent	Shutdown	Say No!
Lazy	Boss	Passive -	Repeat
Invalidated	Neighbors	aggressive	Assertive
Not Listened to	Teachers	Self-Harm	Communication
Incompetent	Police	Migraines	+ Self Talk
Not smart enough	Healthcare	Pain goes up	Selfness
Hurt	Provider	Sad	Tough Love
Embarrassed	Therapists	Depression	Walk Away
Stupid	Counselors	Avoidance	Journal
Dismissed	Retail		Dump
	Drivers		
	Passengers		
	Children		
	Pets		