

Button Pusher Worksheet

Button-Pushing Behavior	Emotion Felt	Value It Undermines	Avoid	Neutralize	Self-Talk
Blame	Frustration, Anger	Accountability	Yelling, Punishing	Stay Calm and firm	Breathe, it's not personal
Manipulation	Sad, Anger	Trust	Humiliating	Stay kind and direct	Stay Firm, I've got this
Impulsiveness					
Anger					
Attention Seeking					
Lack of Consistency					
Constant Correction					
Interruption					
Negativity					
Arrogance					
Helplessness					
Lack of Accountability					
Narcissism					
Criticism					
Not Listening					
Additional behaviors					
Additional behaviors					
Additional behaviors					
Additional behaviors					
Additional behaviors					