

What Are Your Button Pushers?

Make a list of the misbehaviors that push your buttons. What misbehaviors get you angry and upset? Next, outline a plan to deal with each button pusher.

Button pusher:

Your two children argue.

Plan:

Stay calm—do not get angry or yell.
If I get angry, go sit in my room.
Cool off before I say anything.
Let it out slowly.
Do not save my anger until it erupts.
“I feel angry when you argue like that.”
Spotlight the positive—focus on cooperation.
Look for times when they agree.

Button pusher:

Plan:

Button pusher:

Plan:
