

Emotional Hot Buttons

Examining Our Emotional Reactions to Behaviors

Follow the instructions provided in each row.

<p>In each square going across list the behaviors most likely to push your emotional buttons</p>			
<p>In each square going across write your feelings when faced with these behaviors.</p>			
<p>In each square going across identify the impact your feelings have on your relationship with the child exhibiting these behaviors.</p>			