

Button Identification Exercise

Think of a situation in which you reacted emotionally in a way that was stronger than the situation required.

Situation #1		
<i>What did the other person do or say?</i>		
<i>What was my reaction?</i>		
<i>What was happening before this?</i>		
<i>Was I....</i>	<input type="checkbox"/> <i>Hungry?</i> <input type="checkbox"/> <i>Angry?</i> <input type="checkbox"/> <i>Lonely?</i> <input type="checkbox"/> <i>Tired?</i>	<input type="checkbox"/> <i>In a hurry?</i> <input type="checkbox"/> <i>Stressed?</i> <input type="checkbox"/> <i>Overwhelmed?</i>
<i>What was my button that was pushed?</i>		
<i>Did I feel justified at the time?</i>		
<i>Did I feel embarrassed or guilty later?</i>		
<i>What happened afterwards?</i>		

Situation #2		
<i>What did the other person do or say?</i>		
<i>What was my reaction?</i>		
<i>What was happening before this?</i>		
<i>Was I....</i>	<input type="checkbox"/> <i>Hungry?</i> <input type="checkbox"/> <i>Angry?</i> <input type="checkbox"/> <i>Lonely?</i> <input type="checkbox"/> <i>Tired?</i>	<input type="checkbox"/> <i>In a hurry?</i> <input type="checkbox"/> <i>Stressed?</i> <input type="checkbox"/> <i>Overwhelmed?</i>
<i>What was my button that was pushed?</i>		
<i>Did I feel justified at the time?</i>		
<i>Did I feel embarrassed or guilty later?</i>		
<i>What happened afterwards?</i>		