

Button Reduction Exercise

Consider ways to reduce the power of your buttons.

<i>Situation #1</i>	
<i>Can I avoid this person or situation?</i>	
<i>Two things I can do slow down my response time are...</i>	1) 2)
<i>Two things I can do to decrease the chance of getting my buttons pushed are...</i>	1) 2)
<i>What can I do to change this button?</i>	1) 2)

<i>Situation #2</i>	
<i>Can I avoid this person or situation?</i>	
<i>Two things I can do slow down your response time are...</i>	1) 2)
<i>Two things I can do to decrease the chance of getting my buttons pushed are...</i>	1) 2)
<i>What can I do to change this button?</i>	1) 2)