

# humantold

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## Exploring Emotional Buttons (Part 1)

This activity is built to help you examine your emotional buttons **from the past** and break free from having them dictate your actions in the present (Check after Managing Emotional Buttons).

An emotional button for the purposes of this worksheet are events or situations from the past that shape how you see and react to the world in the present. For example if a person's parents always put others first and were constantly left alone. This may make the person feel lonely and unworthy which over time shapes how we interact with the world such as acting out or escalating to make sure needs are met and for those feelings of loneliness to go away.

### Identifying Emotional Button Responses

What happens in your life today that sets you off, making you feel like you did when you were younger and in a particular situation? *For example: My friends don't text me back. When people are late and they don't call. When people don't respond when and how I expect them too.*

My emotional buttons are pressed when:

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**Activity:** Take one at a time and complete the prompts to see what thoughts, feelings, and memories are connected. Provide as much detail as you can, but do your best and take breaks.

#### 1. Emotional button:

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- My emotional button thoughts:

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- My emotional button feelings:

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- My emotional button memories:

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## 2. Emotional button:

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- My emotional button thoughts:
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- My emotional button feelings:
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- My emotional button memories:
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## 3. Emotional button:

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- My emotional button thoughts:
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- My emotional button feelings:
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- My emotional button memories:
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*\*\*In the next part we will identify the negative beliefs, behaviors and patterns connected.\*\**