

humantold

Exploring Emotional Buttons (Part 2)

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).

Identifying negative beliefs, behaviors, or patterns.

The difficulties with emotional buttons are not just the thoughts, feelings, and memories they drudge up, but the beliefs, behaviors and patterns that are connected to them. In this we will be examining how the previously identified emotional buttons cause outward or inward reactions such as yelling, throwing things, hitting walls, hitting others, self-harm, substance use, or saying bad things about yourself.

Activity: Take one at a time and complete the prompts. Provide as much detail as you can, but do your best and take breaks if you need.

Example:

My Emotional button might be that my friends don't text me back or someone I care about doesn't respond how I would like?

My belief might be that I'm going to be alone forever; no one will ever want to be close to me.

My behavior might be writing a hurtful, threatening, or demanding text to my friend.

My pattern might be that everytime I feel alone or abandoned I act self destructive or demand the person prove they care about me.

1. Emotional button:

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- My emotional button beliefs:
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-
- My emotional button behaviors:
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-
- My emotional button patterns:
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2. Emotional button:

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- My emotional button beliefs:
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- My emotional button behaviors:
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- My emotional button patterns:
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3. Emotional button:

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- My emotional button beliefs:
-

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- My emotional button behaviors:
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- My emotional button patterns:
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In the next part we will explore what your emotional button has you believing about your past, present, and future.