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Exploring Emotional Buttons (Part 3)

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 associations made with the past, present, or future.

It is important to recognize how our emotional buttons root in the past, present, or future to begin to break them down. Knowing everything your button is connected to allows you to understand and change the default, immediate, and unhealthy response when triggered.

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?

Connection with the past: you might remember a past situation like parents not being around or putting others before your needs. How you felt abandoned or alone most of the time. (Fear)

Connection with the present: you might feel abandoned and alone by the friend presuming it must be patterns of the past repeating itself. (Affecting perception and intentions of current relationships)

Connection with the future: you might feel so sure this is how it's always going to be. Because why would it change? How could it? (Feeling powerless or hopeless)

1. Emotional button:

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- My emotional button's connection to the past:
-

-
- My emotional button's connection to the present:
-

-
- My emotional button's connection to the future:
-
-

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2. Emotional button:

-
- My emotional button's connection to the past:
-

-
- My emotional button's connection to the present:
-

-
- My emotional button's connection to the future:
-

3. Emotional button:

-
- My emotional button's connection to the past:
-

-
- My emotional button's connection to the present:
-

-
- My emotional button's connection to the future:
-

After exploring the ins and outs of your emotional buttons, what they mean, and influences. You are now in a position of empowerment to manage your responses.

*****Check out the series [Managing Emotional Buttons](#)*****