

humantold

Managing Emotional Buttons (Alternative Behavior List)

This is part of a series that helps explore different strategies for helping you break free from negative patterns when emotional buttons are pressed.

If you have not done the exploring emotional buttons series it might be good to start there.

Strategy: Creating An Alternative Behavior List

When activated or someone has pushed your buttons you can create an alternate behaviors list. You can use the list below as a starting point, but add your own and get specific.

- Make a list of things you can do that are healthy (take a walk, play with a pet, play a game, go to the bathroom for a breather).
- Remove yourself from the situation.
- Make a list of all the benefits of not falling in past negative patterns.
- Do a mindfulness breathing exercise or visualization.
- Practice the "let it out" list. (check resource)
- Make a list of what you're grateful for and review it.
- Treat yourself to a reward for not engaging in a negative pattern (buy yourself a latte or ice cream, go see a funny or inspiring movie).
- Smell an essential oil, such as lavender, cinnamon, or cedarwood that helps you refocus and is calming.
- Create and play a playlist that is motivating or calming.
- Fake smile and find something to laugh at. It won't take the thoughts away, but does calm the body's stress response (Kraft and Pressman 2012).
- Other:

- Other:

- Other:

- Other:

*****Remember to make these not alternative behaviors you have to practice them as often as you can.*****