

humantold

Managing Emotional Buttons (Introduction)

This series is built to help you break free from responses to emotional triggers that are rooted in the past (If you have not already check out Exploring Emotional Buttons).

“Strike while the iron’s cold”

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. To set you up for success practice these skills prior to needing them, when you are not triggered, and often to build mastery. If you try these while overwhelmed it can help, but will not be as effective or automatic especially if you are going up against the default reaction you have had for a long time. The goal is to preemptively practice and train to better control your emotions, act differently and influence the outcome you want.

First off, figure out when and with whom you might need strategies for managing your emotional buttons.

The people most likely to push my buttons:

The situations in which I’m most likely to have my emotional buttons pushed are:

In this series we will list a few strategies that will help including space for you to make them your own. Pick the strategies that fit your lifestyle and interests. Remember to practice them everyday or several times a day to begin overwriting the old patterns.