

# humantold

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## Managing Emotional Buttons (Planning Different Response)

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: Planning Different Response

After exploring your emotional buttons hopefully you can see they are rooted in what was and not what is. In this you will be empowering yourself to break free from “what was” by responding differently. Recognize the default and how you would like to utilize coping, self-soothing, affirmations to allow for a space in your reactions.

First, identify the emotional button, describe how you usually respond, and think of another way to respond. Use other management strategies to help. Experiment with this, be specific, and practice often!

#### 1. Emotional button:

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- When my emotional button is pushed, I usually... :
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- To respond differently, I will... :
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#### 2. Emotional button:

- 
- When my emotional button is pushed, I usually... :
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- To respond differently, I will... :
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### 3. Emotional button:

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- When my emotional button is pushed, I usually... :
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- To respond differently, I will... :
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