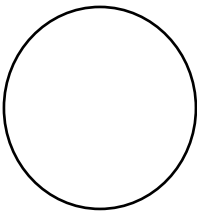
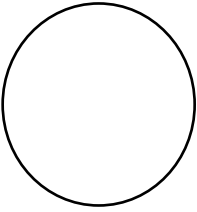
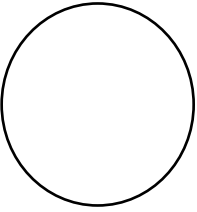
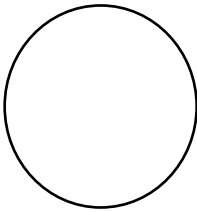
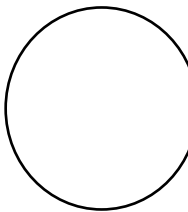
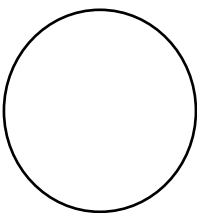
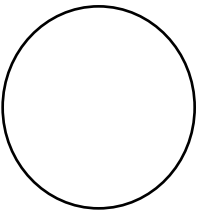
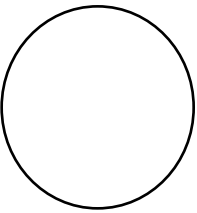
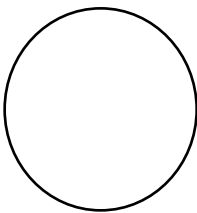
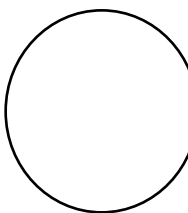
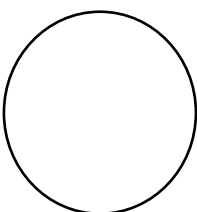
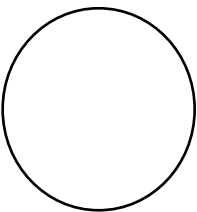
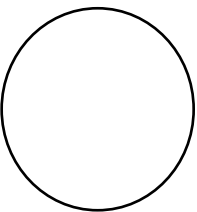
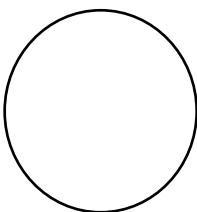
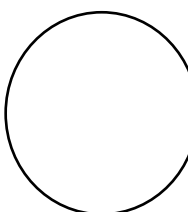


## HOT BUTTONS: Examining our Emotional Reactions to Behaviors

<p>In each circle, write down <b>behaviors that push your buttons.</b></p>					
<p>In each circle, write down <b>your feelings</b> when faced with these behaviors.</p>					
<p>In each circle, write down the <b>impact your feelings have on your behaviors &amp; relationships</b> with people who exhibit the Hot Buttons behaviors.</p>					

How do your feelings affect your behaviors & relationships?



The Center on the Social and Emotional Foundation Vanderbilt University