



## Hot Buttons

### HOT BUTTON - Senario #1

**Take Ownership:**

**I'm being triggerred and I feel...** (name the hot button)

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**The truth is...** (write the positive truth about yourself or the situation)

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**You can help me manage this button by...** (Tell your mate how they can help.)

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### HOT BUTTON - Senario #2

**Take Ownership:**

**I'm being triggerred and I feel...** (name the hot button)

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**The truth is...** (write the positive truth about yourself or the situation)

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**You can help me manage this button by...** Tell your mate how they can help.)

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**(List of Hot Button examples on the Back)**

## Hot Button List

### Examples

Judged	Rejected	Disconnected	Lonely	Failure
Powerless	Misunderstood	Afraid	Invalidated	Inferior
Defective	Worthlessness	Unhappy	Devalued	Humiliated
Abandoned	Unimportant	Ignored	Neglected	Unwanted
Condemned	Threatened	Mistrusted	Despairing	Controlled