

What are your “Hot Buttons”?

We all have situations, events, and people that can “push” our “hot buttons”. Once you understand why you react in a certain way, you can retrain your brain to choose a different response, and reduce your stress and anxiety, behave in a more empowered way, and take control of your life.



Just follow the steps below. Reflect, deeply, on what is “triggering” your reactions.

<p>Your trigger <i>(e.g. when someone doesn't follow the rules)</i></p>	
<p>Your behaviour <i>(e.g. I become angry and impatient)</i></p>	
<p>How you feel <i>(e.g. upset, indignant)</i></p>	
<p>Your self-talk <i>(e.g. Why can't they just do what they're told?)</i></p>	
<p>The value that is triggered <i>(e.g. compliant, responsible. I was brought up to follow the rules)</i></p>	
<p>My limiting belief around the value (if..... then.....) <i>(e.g. if you don't follow the rules, you're a bad person)</i></p>	
<p>Effect on your team and/or family <i>(e.g. fear, self-doubt, lack of creativity)</i></p>	
<p>Your underlying need <i>(e.g. a need to be right, to follow the rules, to be affirmed and loved)</i></p>	

Life Goals

If you change nothing in your life (current job, wellbeing, health, finances, relationships) where would you be in 10 years' time?

Does that fill you with joy?



I'm going to guide you through a 5-step process. There's a video [here](#) if you prefer.

1. Something in life is not quite how you want it, you're getting held back, stuck or annoyed, not working the way you want it to work. Think of the things that you're most embarrassed to admit. What's not working for you?
2. How are you feeling about that? (Only list the emotions - not your interpretations). Feelings are just feelings - not the story we make around them.
3. The breakdown that you're having, the way that you're feeling, is down to the stories you're creating. Stories about you, about the other people involved, about the situation that you're in. Three stories create this reality. What stories are you telling yourself about yourself? About them? About some other external source? About the situation?
4. Is there something you need that you don't have? What do you need that's not being met, that you don't have? What is that? (e.g. Confidence, belief, strategy, communication).
5. What would you like instead? If you knew you couldn't fail, what would you change – today? Create a clear vision. What will you choose to let go of to have that in your life?