

Don't Let Someone Else Push Your Buttons

## PAGE 3 - HANDOUTS

**Write down some things that other people say or do that tend to push your buttons.**

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**IT'S O.K. NOT TO LIKE IT**

**Be like a duck.**



**Calm on the surface, but always paddling like the dickens underneath.**

---Michael Caine

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## Don't Let Someone Else Push Your Buttons

SOME OF THE THINGS WE CAN DO TO  
KEEP OTHERS FROM PUSHING YOUR  
BUTTON ARE:

- \***Make the decision**
- \***Become an effective listener**
- \***Be flexible**
- \***Understand communication differences**
- \***Be creative**
- \***Control your thinking**