Circle your triggers :

*Stress and job burnout, *Fatigue/over-tired, *Frustration of needs, *Self-fulfilling prophecy,

*Professional detachment, *Work overload, *Lack of self-awareness, *Poor work environment,

WRITE IN OTHER TRIGGERS:_____

*Personal button pushed…
Circle possible buttons: *The situation is important to you. *Your authority has been challenged.

*You feel loss of control. *Your self-esteem has been attacked. *The relationship is mistrustful, or unpredictable.

*The conflict is connected to important people in your life. *It is related to an important aspect of your work.

*A long lasting relationship is in conflict. *Your safety and security are threatened. *Your ability to cope is

questioned. *You experience an overload. *You assess the situation to be insignificant.
WRITE IN OTHER BUTTONS:_____

Circle possible fears: *Dependency, *Weakness, *Losing, *Loss of Respect, *Shame, *Control by others, *Isolation, *Aggression, *Rejection, *Guilt, *Blame, *Loss of Relationship, *Your own anger, *Being harmed, *Failure, *Humiliation, *Time Pressures

What ineffective reactions would I like to change? *Get defensive & become critical, *Force the issue, *Find fault and place blame, *Pacify and overuse flattery, *Make others feel guilty, *Pretend to agree with others, *Become non-assertive and passive, *Use deception to avoid attack, *Cloud/confuse the issue, *Give the run around to drain others energy.

Good communicators are flexible with behavioral options. Let's be problem solvers.