



What pushes your buttons?

- Being told no
- Waiting
- Hunger
- Cheating
- Being touched
- Too much to do
- Rumors or gossip
- Hurt or pain
- Being scared
- Bad news
- Unfair treatment
- Tests and grades
- Being late
- Being criticized
- Being tired
- Being ignored
- Misunderstandings
- Being disrespected
- Being bumped into
- Loud noise
- Losing a game
- An accident
- Being left out
- Being bullied
- An interruption
- Things do not go as planned
- Things are not fair
- Not understanding what to do
- Being told what to do