

Hot Buttons

Please take a moment to reflect on your Hot Buttons. The things that irk you, frustrate you, deflate you, etc. Below there are some sentence starters as examples but please feel free to use or disregard them as appropriate.

It makes me angry when...

I do not like it when people...

I feel offended when...

I think it is rude to...

I feel defeated when...

At work, I wish people would...

At work, I wish people wouldn't...

I feel nervous about...

Why can't people...

Why can't I...