

What Are Your Buttons?

Buttons: These are things that cause irritation and may cause a person to react versus respond.

Think of behaviors you see in the classroom that “get under your skin”, are particularly hard to deal with, or “push your buttons.” Read the following behaviors and rate each one on a scale of 1 to 4 to indicate how much it bothers you.

1-Not at all, 2-Only a little, 3-Some, 4-A lot

Whining	1	2	3	4	Hitting	1	2	3	4
Crying	1	2	3	4	Ignoring	1	2	3	4
Lying	1	2	3	4	Tantrums	1	2	3	4
Nagging	1	2	3	4	Other: _____				
Tattling	1	2	3	4		1	2	3	4
Defiance	1	2	3	4	Other: _____				
Spitting	1	2	3	4		1	2	3	4
Cussing	1	2	3	4					
Arguing	1	2	3	4					
Talking back	1	2	3	4					