MODULE 4 – CONFLICT SOLVING

**MENTAL RESILIENCE AND ITS INFLUENCE ON THE ONGOING CONFLICT**

**M4.WS5 - WHAT ARE MY HOT BUTTONS?**

*Examine your hot buttons and determine whether you have allowed them to be pushed by others and if so, what impact that has made on the situation. How do they impact your feelings and actions towards others? Use the table below.*

|  |  |  |  |
| --- | --- | --- | --- |
| *In each box going across, write down the behaviours that sometimes push your buttons* |  |  |  |
| *In each box going across, write down your feelings when faced with these behaviours* |  |  |  |
| *In each box going across, write down the impact your feelings sometimes have when interacting with others (your behaviours)* |  |  |  |

