

Hot-Buttons Worksheet

Hot Buttons

Let's start the conversation about navigating difference from a place of personal awareness and development.

We invite you to identify the topics, conversations or issues that might be hard for you to engage with others that think differently from you and/or cause an intense emotional response (anger, sadness, fear, anxiety). i.e. hot button issues or topics?

1. Take 3 minutes and identify 1-2 of your hot button or triggers by thinking over the past week or so and answering the following questions:

- When you read/watch the news, what makes you angry?

- What types of people or topics do you avoid? Or cause an intense emotional reaction?

- What did someone do or say recently that made you instantly angry or/unable to listen to or engage them any longer?

Your Top Hot Buttons:

1

2

2. Choose one of your hot buttons and take another 2 minutes to identify:

- What emotions come up for you when this issue, topic or situation occurs? (i.e. anger, sadness, hurt, anxiety, fear, disappointment etc.)

- What do you feel in your body? (i.e. tightness, tension, heat or pain? Where?)

- What do you usually do when this happens/how do you respond?

3. Take 10 minutes to discuss your responses with a neighbor

- What did you learn about yourself?

- How does this show up and impact your leadership/work?