

Directions: Fill out each row separately as introduced by your trainer.

Hot Buttons

Write three behaviors that “push your buttons.”

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Write the emotion word that describes the way each of these behaviors makes you feel.

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What is the impact of your feelings? How do you respond to each of these behaviors? Write down how you act/react towards a child when they display each behavior.

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How do these behaviors and your response impact the relationship you have with the child?

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How do the child’s behaviors and your response impact the relationship you have with the family?

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