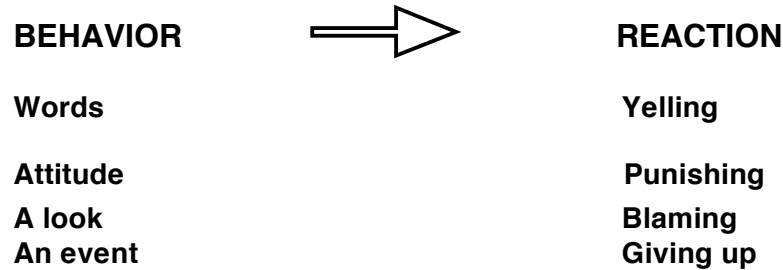


When Your Kids Push Your Buttons

Bonnie Harris, M.S.Ed

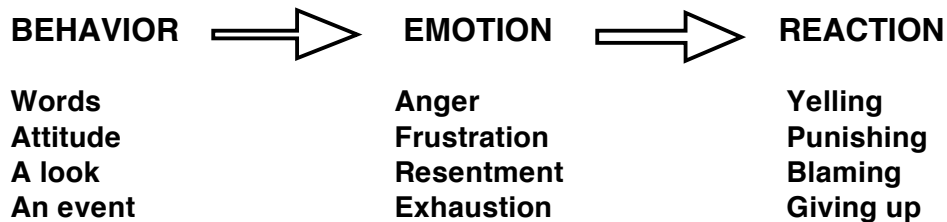
bh@bonnieharris.com • 603.924.6639 • www.bonnieharris.com

Typically we think:



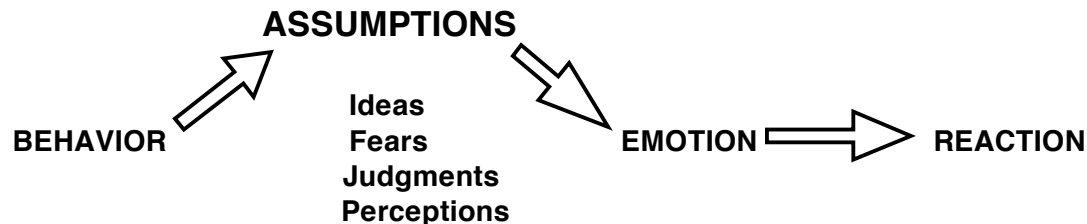
Your behavior causes me to REACT the way I do.
“Why do you always make me yell at you?”

Or we think:



Your behavior causes me to FEEL the way I do.
“You make me so mad?”

But what really happens is:



When you behave this way, I make up IDEAS that provoke feelings that cause me to react the way I do.

When you behave like that, I THINK that you are being mean and I'm AFRAID that I have not taught you how to behave properly. It is this PERCEPTION that causes me to FEEL angry and then to REACT.