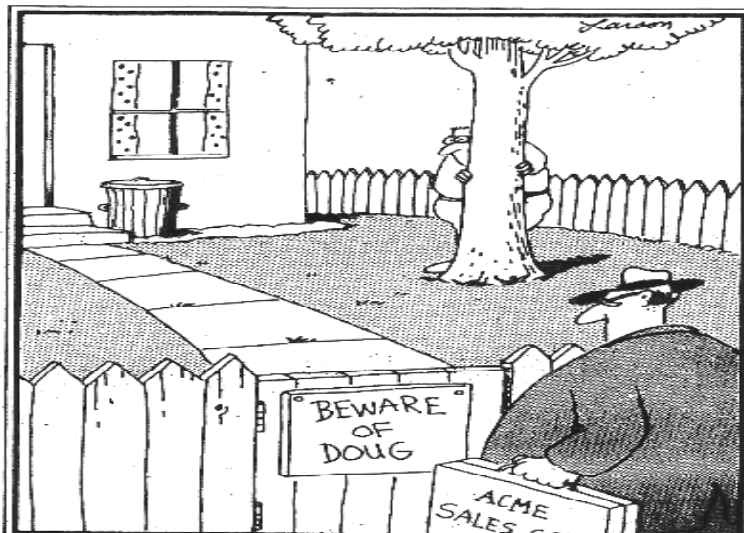


Staying Cool When The Buttons Are Pushed

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Beware Of My Passion



RESOURCES

- ***PARENTING FROM THE INSIDE OUT: how a deeper understanding can help you raise children who thrive*** by Daniel J. Siegel and Mary Hartzell (Penguin Putman, 2003)
- ***THE CIRCLE OF SECURITY*** developed by the Marycliff Institute: Spokane, WA (Hoffman, Marvin, Powell and Cooper, 2002)
- ***EMOTIONAL LITERACY: To Be a Different Kind of Smart*** by Rob Bocchino (Corwin Press, 1999)

Presentation Goals

- Introduce you to the link between 'your story' and 'your buttons'
- Encourage to read "Parenting from the Inside Out"
- Encourage to keep an eye on your buttons and find ways keep learning about your related 'story'

Presentation Goals

- Help you to limit your 'low road' responses and increase the 'high road' responses to your buttons
- Help you keep from beating yourself up when you choose a 'low road' response
- Encourage you to get better at 'repairing the rupture' caused by low road responses.

PRESENTATION

- Get to know your buttons
- Know the story behind your buttons
- Repair the ruptures

Buttons

**Please share a button-
pushing experience you
had recently with your
child or a student**

**–“What pushed your
button”**

Buttons

- **Everyone has them**
- **Some are very hard to avoid**
- **Some are very hard to control when they get pushed**
- **Sometimes they surprise us**
- **Sometimes other people see them before us**
- **Often there is a story behind them**

Stories behind the button

- **“Did you ask mother if she wanted some beans?” (Doug)**
- **“I think you are protecting your mom again” (Doug)**
- **“When the twins came along, I started my long journey of taking care of everyone” (An acquaintance)**

Stories behind the button

- **“I know I have difficulty with certain male authority” (Anna)**
- **“Shopping for shoes” p. 14**
- **“Your not hurt. You should cry. You’re a big boy.” p. 85**
- **“Get those creepy things out here right now” p. 58**

MY BUTTONS

How Do I Experience Them???

- **Does someone find them and knowingly keep pushing them?**
- **Or do I stumble across them in myself – unbeknownst to me and the person I'm relating to?**

MY BUTTONS

If Poorly Understood

If I think my buttons are caused by another, I will become less effective – less flexible in my thinking

MY BUTTONS
If Poorly Understood

**Take the 'low road'
instead of the 'high
road' in my response**

MY BUTTONS
If Poorly Understood

**I will focus on the other
person**

- Blame him**
- At the expense of focusing on
myself**
- Possibly get back at him**

MY BUTTONS
If Poorly Understood

- **I react poorly and, needlessly**
 - **Apply stronger consequences**
 - **Or apply the wrong consequences**
- **Sadly, I can do some or all of these – and *with the wrong motives***

MY BUTTONS
If Poorly Understood

- **Most sad, I will**
 - **Pull back from the relationship**
 - **And be less influential and less effective**

MY BUTTONS
If Better Understood

- **I can focus on myself and not just the other person**
- **I can become more confident in my ability to know myself and my story (self-understanding)**

MY BUTTONS
If Better Understood

- **I can work with colleagues, friends or my spouse**
- **I may need a therapist to better make sense of my past and present experience**

MY BUTTONS
If Better Understood

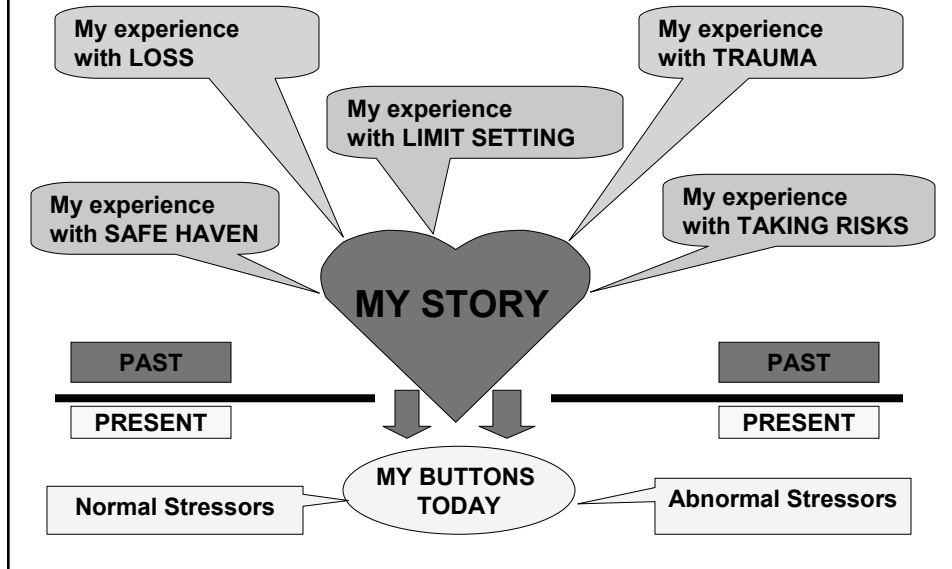
- I can begin to make better sense of my early attachment experiences and loss/trauma experiences
- Consequently, I can stay in touch with my emotional life and *understanding my buttons* better

Keep An Eye On My Buttons

Know My Story

The better I 'know my story', the better I will be able to keep an eye on my buttons

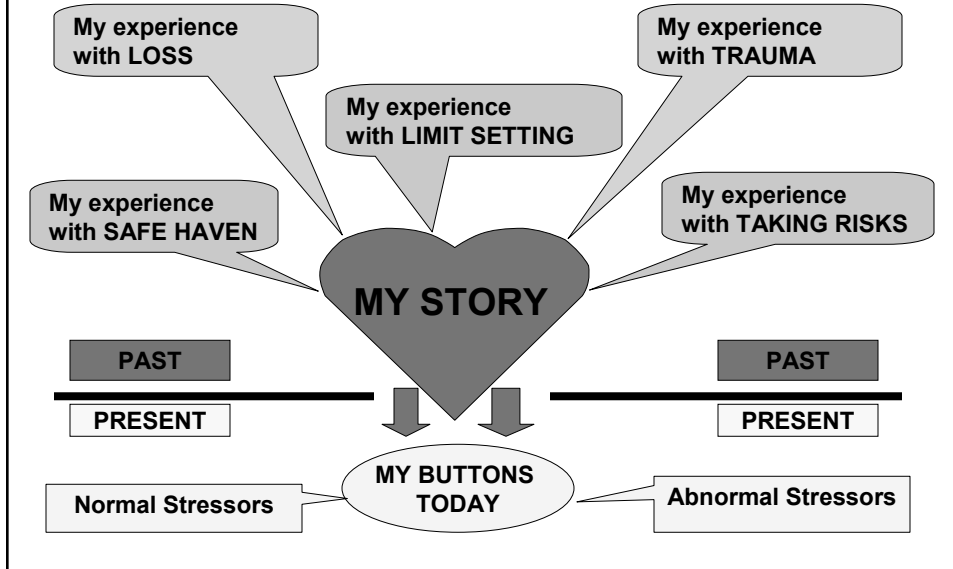
My Buttons – Past and Present



Finding Nemo

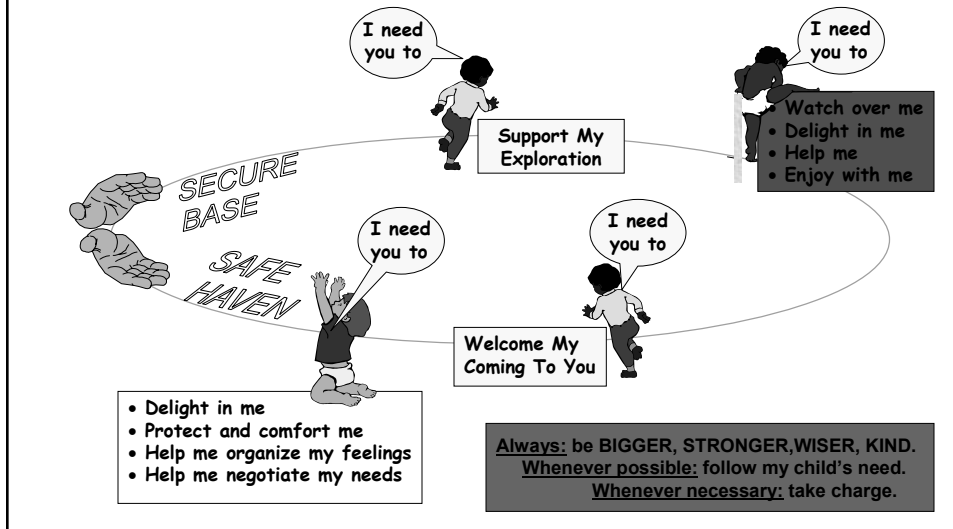
- What are the father's buttons?
- When did they surface?
- Where did they come from?
- What '**story**' does he need to understand to be able to manage his button?

My Buttons – Past and Present



CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS

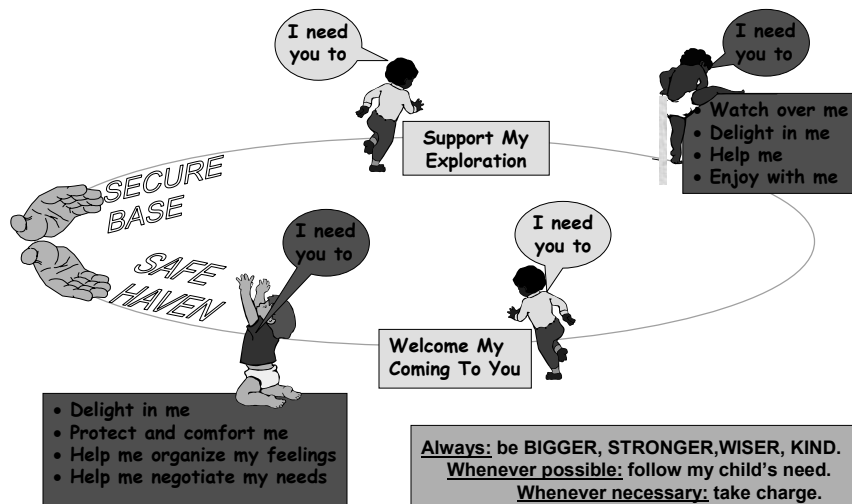


Watch the Circle of Security



CIRCLE OF SECURITY

PARENT ATTENDING TO THE CHILD'S NEEDS



The Story

- **What was your story with top part of the circle?**
- **What was your story with the bottom part of the circle?**
- **What was your experience with “bigger, stronger, wiser and kind”?**

Buttons When Needing To Give Safe Haven

- **“I couldn’t soothe my baby until I process” p. 17**
- **“I couldn’t respond to the neediness of my 3 year old until I processed my own loneliness and neediness from a recent divorce” p. 69**
- **Learning to ride a bike – “Frequency”**

LEARNING TO RIDE A BIKE in the movie "Frequency"

First scene

- "I'm scared".
- "Don't be scared".

Second scene

- "I'm scared".
- "I know you are".
- "We will do it together".
- "I won't let go until you tell me".

Our Response To Our Buttons

The Low Road Or The High Road

The Brain's LOW ROAD Response

- **We lose the prefrontal cortex.**
- **We lose the things it can do for us and become**
 - **more impulsive and less reflective in our response**
 - **More rigid and less able to come up with more effective ways to respond**
 - **Less reflective and able to think of the other's point of view**

The Brain's LOW ROAD Response

- **We get high-jacked by our unresolved loss and trauma.**
- **We can stay in this experience.**
- **It is harder for us to repair a ruptured relationship.**

LOW ROAD Responses

Elements Of The Low Road

- **Triggers** – internal or external events that begin the low road experience
- **Transition** – movement from the higher road to the lower road way of thinking
- **Immersion** – being on the low road and little reflection and empathy of another
- **Recovery** – the process to re-start the higher road of responding

STUCK ON THE LOW ROAD
Unresolved Childhood
Experiences
P.159-160

The Brain's HIGH ROAD Response

The prefrontal cortex gives us

- The ability to regulate the body's emotions
- The ability to be adaptable and flexible in a response to another person
- The capacity for empathy of another (mindsight)
- The capacity for knowing what's going on with our self (buttons)

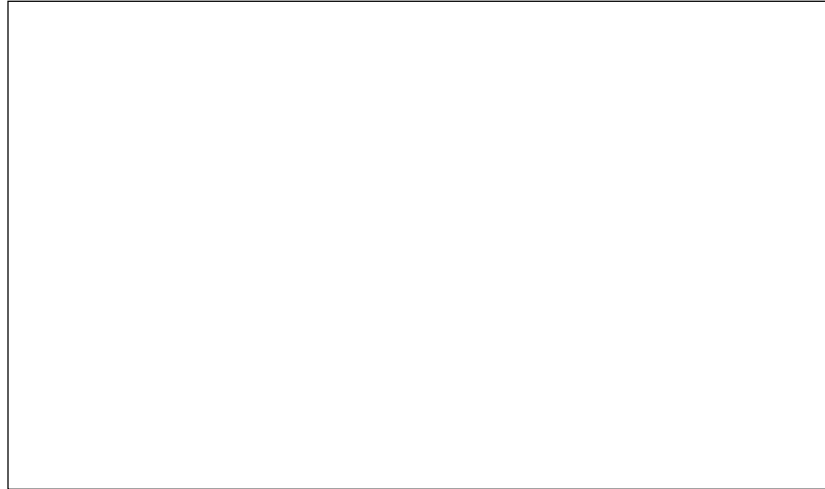
The Brain's HIGH ROAD Response

- Calm myself
- Have someone else deal with the child, if needed
- Talk with the child later
- Stay out of control battles
- Get the child to think and own the problem

The Brain's HIGH ROAD Response

- Choose my battle well
- Decide who owns the problem
- Decide if a button has been pushed in me and try to figure out what is my story
- Decide if a button has been pushed in the child and try to figure out what/why

Other HIGH ROAD Responses



MY BUTTONS If Better Understood

- I can practice and practice how to avoid the low road in my reactions
- I can find the insight and inner resources to take the high road
- *I can better facilitate the repair of a rupture in the relationship with the other*

Buttons Often Cause Ruptures

- They will happen regardless of how careful we are
- We can spend time processing what happen
- We can hear how we effected the other
- We can develop the courage to have “the difficult conversations”
- We can learn how to have effective “difficult conversations”

“Difficult Conversations”

By _____

Staying Cool

- Get to know your buttons
- Know the story behind your buttons
- Repair the ruptures

Questions and Comments

TIME TO REFLECT

- **What do I want to remember?**

- **What do I want to do with this information?**