

Chapter 01 · Exercise**Red button****Part 1 – Role models**

Name two people from society/politics/business/academia who you admire as role models.

1

2

What qualities do they have?

1a)

1b)

1c)

What qualities do they have?

2a)

2b)

2c)

Name two people from your immediate circle who you admire as role models.

1

2

What qualities do they have?

1a)

1b)

1c)

What qualities do they have?

2a)

2b)

2c)

Can you think of some times when you demonstrated these qualities yourself?

1 a)

1 b)

1 c)

2 a)

2 b)

2 c)

Chapter 01 · Exercise**Red button****Part 2 – “Annoying angels”**

“Annoying angels” are people who really get on our nerves. But even though we reject them, they make us aware of our blind spots and unintegrated aspects (shadow elements) of our personality, i.e. areas and behaviors that we don't know how to deal with. In this way, they guide us towards our personal growth potential. Hence the “angel” part.

Name two people from society/politics/business/academia who really get on your nerves.

1

2

What is it that bothers you about these people?

1a)

1b)

1c)

What is it that bothers you about these people?

2a)

2b)

2c)

Name two people from your immediate circle who you really get on your nerves.

1

2

What qualities do they have?

1a)

1b)

1c)

What qualities do they have?

2a)

2b)

2c)

Can you think of some times when you demonstrated these qualities yourself?

1 a)

1 b)

1 c)

2 a)

2 b)

2 c)

Chapter 02 · Exercise**Red button****Part 3 – What brings out an “allergic” reaction in me?**

Although we usually respond to frustration with our ingrained behavior patterns, it actually represents a possibility for growth.

The aim of this exercise is to identify situations, people and behaviors that trigger your red button. This will help you to lead your life in a more conscious and more effective way.

Can you think of some situations that trigger an “allergic” reaction in you?

1

2

3

Can you think of some people who trigger an “allergic” reaction in you?

1

2

3

Can you think of some behaviors that trigger an “allergic” reaction in you?

1

2

3

Chapter 01 · Exercise**Red button****Part 4 – What is my “red button”?**

Based on your answers above: what is your “red button”?

What feelings does this arouse in you?

How do you behave in response to these feelings?

Can you think of some situations in your life that arose due to your “red button” being triggered?

What did you perceive to be the reality in that situation?

Chapter 01 · Exercise

Red button

Take Home Message

Being conscious of your red buttons, or your main triggers, is the essential first step that enables you to assess your response to these triggers on an individual basis, instead of reacting automatically.

The following text has been automatically generated from your answers:

Your red button makes you feel

After this, you are often

In this situation, you hold firmly to your belief that

In the past, the way that you dealt with your red button has led to events that turned into a downward spiral

Gaining this awareness will help you to deal with stress by interpreting the stimulus in a new way, and responding to it differently. We can acknowledge our hindering beliefs as such, and then we can question whether it is actually useful to us to hold these beliefs