



Who am I being?

Am I being intentional or am I reacting?

If you describe an experience as someone pressed your buttons you are reacting.

They lied

They showed up late

They didn't call me back

They gossiped

They didn't include me

They _____ fill in the blank

Because they _____ fill in the blank I did X

I posted about them on social media

I sent them a nasty text

I gossiped about them

I got angry

I got distracted

Or

They did _____ fill in the blank

I was loving

I was compassionate

I was understanding

I was forgiving

I was focused on my goals and dreams

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