

BUTTON PUSHERS

People who _____ me.

THE WHOLE PICTURE

For every button pusher around me, there is a button in me.

A DANGEROUS COMBINATION

When our button gets pushed, we get ugly.

DIFFICULT PEOPLE

They push, and we feel powerless and helpless.

REAL FREEDOM

I can respond with love when their behavior is unlovable.

- Freedom from the power of, not the presence of, difficult people.

LIVING FREE

1. My response is always my choice.
2. Choose to respond based on my identity, not their behavior.
3. Choose to respond with the end in mind, not the moment in mind.

THE POWER TO RESPOND

You can't give away what you don't already have.