

## DEACTIVATE HOT BUTTONS

### **Break Familiar Patterns Which Do Not Support You. Deactivate Hot Buttons.**

What are you repeating that is not working? When your response to a particular situation has a ferocious intensity that is out of proportion with what is going on, then there is something more going on. Usually, it's a deep-seeded fear that gets reactivated.

When the current situation reminds you of stuff that has not been worked out, ask yourself, *"when did I feel this way before?"*

Keep looking, keep asking. Your memory will reveal other situations until it retrieves the seminal situation. You will know it by how your body reacts to this memory.

Ask yourself, *"what does this situation bring up for me?"*

What is the core fear?

Is it a fear of being rejected? Or being stupid?

Or being unworthy or bad or unlovable?

Hold this fear to the light. See how transparent this fear really is and look through it to the external reality of the situation. How has this fear made you feel? Notice if it's the same feeling in the current situation. Finding the thread between these experiences is key to making a shift and triggering different behavior the next time a similar situation comes up.