

Button Pushing

Parent and Adolescent (or young adult child)

Button pushing consists of one person saying or doing something to another that results in the receiver experiencing a quick escalation of anxiety and related emotions (frustration, anger, sadness). A defiant teenager may be more interested in the mood or direction of an argument than the actual issue being argued. The adolescent will push his/her parent's buttons, leading the parent to have more of an emotional response than a logical, tempered response, further resulting in the original message / the lesson / rule / predetermined consequence being "lost" in the exchange.

Potential Hot Buttons for Parent (**Mom/Dad**)

1. "You don't love me." (**M / D**)
2. "I hate you." (**M / D**)
3. Swearing... (**M / D**)
4. "I don't have to listen to you anymore." (**M / D**)
5. A disgusted look or improper gesture (**M / D**)
6. Lying (**M / D**)
7. "I'm going to do what I want, no matter what." (**M / D**)
8. Listing your mistakes/faults (**M / D**)
9. Listening to headphones/earbuds when being addressed (**M / D**)
10. _____ (**M / D**)
11. _____ (**M / D**)
12. _____ (**M / D**)

Parents can also push their children's buttons, resulting in the child escalating in behavior and shutting out the parent.

Potential Hot Buttons for Adolescent (young adult)

1. Preaching or nagging
2. Talking in chapters
3. Labeling
4. Futurizing
5. Instant-problem solving
6. Collecting criticisms
7. Threats
8. _____
9. _____
10. _____