

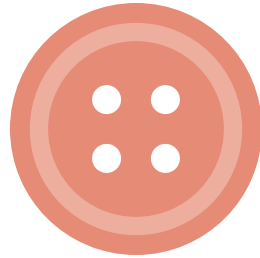


Pushing Buttons

Your buttons are personal to you.
They belong to you and you alone.

This is great news, because that means YOU are in
charge of your buttons!

And you can change how you feel when they are pushed.



HERE'S HOW:

- * Notice **when** a button is being pushed, and why
- * Notice **how you feel** when it's pushed
- * Think about **how you'd like to feel** instead
- * Next time that button is pushed,
choose a different response
- * **Notice how you feel**
- * If you feel good, great!
- * If not, repeat from the top

