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The goal of a professional coach is to partner with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

HOW TO GET THROUGH THE DAY WITHOUT GETTING YOUR BUTTONS PUSHED!

How many times have you exchanged words with a co-worker, boss, spouse or friend and before you know it the conversation takes a turn for the worse; you begin to feel your blood boil; your emotions threaten to take control? Chances are your buttons have been effectively pushed. Don't fret. Everyone falls prey to having their buttons pushed – it's just a matter of how often you allow it to happen.

Emotions are an essential part of life but they have their time and place. Nothing good comes from losing control during an attempt at verbal communication. Instead of feeling like a puppet, manipulated by your own emotions, practice the following each time you sense your emotions threatening your effectiveness.

NOTICE when your emotions intrude into your thinking. You have about thirty to forty-five seconds before your brain shifts from effective logical thinking to stressed-out-knee-jerk-reaction-thinking.

FOCUS on something else before that shift takes place. Use whatever works for you. The point is to make your thinking louder than your emotions so your thinking dominates. If you're talking to a friend, try changing the subject or tell him you'll think about it. (Remember being told to 'sleep on it?'): If it's a co-worker ask yourself, "What can I say to leave our relationship in good shape?" Picture yourself on your dream vacation! Use whatever works for you to keep the thinking part of your brain from being sabotaged by your emotions. The other person might think you're losing it, but eventually you'll be able to do this effectively, and it will only take you a few seconds. If this happens while you are conversing with your spouse, use my personal favorite and say, "You may be right." And move on.

Revisit the event and evaluate your success. If your focus exercise worked, great; make sure to practice it every time you feel your buttons being pushed. If not, then keep practicing until you come up with something that works for you.

Sometimes, just becoming aware of that tiny window of 45 seconds helps people to adjust their thinking. Most of us usually regret what comes out of our mouth a minute after the 'push' so it pays to practice. When it comes to personal growth it's about *progress not perfection*.