

MONDAY NIGHT SOLUTIONS

BUTTON PUSHERS:
THE INSIDE SCOOP
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Button Pushers: the Inside Scoop “That person really pushes my buttons!” The expression is a familiar one, and we know all too well what’s meant by it! But what exactly makes a person a button pusher? How can you be sure you’re dealing with one? And what do you do when “that person” happens to be your spouse, child, mother, or someone you are dating? In this first part of our new, five-part series, Dr. Townsend will help you identify the button pusher in your life and understand why that person can so easily affect you. He’ll also give you an insight into why button pushers are the way they are. What you learn will go a long way towards developing a strategy that works with your button pusher

OUTLINE

I. Understanding Button-Pushers: Their Life Problems

II. Understanding Button-Pushers: Ownership

III. Understanding Button-Pushers: Involvement

IV. Your Button-Pusher and Your Own Life

Discussion questions:

1. What issues does your Button-Pusher deal with?
2. How have you observed ownership problems with your BP?
3. How has your intertwined life with your BP affected your ability to deal effectively with the situation?
4. What results has this relationship produced in your own life?