

III. Threatening, Denial, One Time Thinking, Spiritualizing

IV. Too Much Responsibility, Waiting, Reacting, Everything Thinking

Discussion questions:

1. Why does seeing your Button-Pusher as someone to be "worked on" not work?
2. Which of the first group of ineffective measures have you experienced the most, and what happened?
3. Which of the second group of ineffective measures have you experienced the most, and what happened?
4. Which of the final group of ineffective measures have you experienced the most, and what happened?