Monday Night Solutions

WHY WORKING ON YOUR BUTTON PUSHER HASN'T WORKED Dr. John Townsend

DECEMBER 13, 2004 MNS-680

You've tried it all (Dr. Townsend knows—he'll tell you your life story!), but your button pusher refuses to see the light, and nothing has changed. What now? Perhaps it's time to stop and ask, "Why is this? Why is what I'm doing not working?" Having worked with countless button pushers and pushees, Dr. Townsend understands the dynamics of this difficult relationship. He can throw some light on why you have such a hard time dealing with your button pusher, and how you may be contributing to the problem. A new panorama of choices will open up for you once you grasp what he has to say. MNS-680

OUTLINE

I. Would you want to be "worked on?"

II. Reason, Splitting, Enabling and Nagging

III.	Threatening, Denial, One Time Thinking, Spiritualizing
IV.	Too Much Responsibility, Waiting, Reacting, Everything Thinking
	scussion questions: Why does seeing your Button-Pusher as someone to be "worked on" not
2.	work? Which of the first group of ineffective measures have you experienced the
3.	most, and what happened? Which of the second group of ineffective measures have you experienced
4.	the most, and what happened? Which of the final group of ineffective measures have you experienced the most, and what happened?
	moot, and what happened: