Who Pushes my Hot Buttons?

Describe the behaviour of the person who has the ability to send you over the top every time.	What colour (Personality Style) do you think this person might be?
Would you say this person is feeling out of esteem, or stressed? What makes you think that? ***"Out Of Esteem" behaviour is when a person is stressed, not-valued, feeling overwhelmed, or not in a good mental state.***	List 3 different things you would be willing to try which might improve the situation.

**** Remember you can rarely change another person, so focus on what YOU can do.**

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