

Is There Anyone Who Can Push Your Buttons.....

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Is There Anyone Who Can Push Your Buttons.....

Can they get you from HAPPY to MAD IN LESS THAN 30 SECONDS!

Quote:

*"For every minute you remain angry, you give up sixty seconds of **peace of mind.**"*

Author, Ralph Waldo Emerson

Being angry is always a waste of our time and our energy but, Button Pushers are everywhere, and they are in all of our lives.

These people can remind us of the 5th grade bully, who would say hurtful things just to **get attention**, or punch someone because they were **angry** or they would be hateful to someone they were **jealous** of.

But, we cannot deal with these "Button Pushers" like we might have dealt with the bully when we were 10; by hiding their lunch, putting gum in their hair or just outright slugging them, etc...



Tammy Taylor, CEO of Tammy Taylor Nails

Proverbs 12:16 A fool is quick-tempered, but a wise person stays calm when insulted.

As adults we have to learn how to deal with these people, and not allow them to make us angry and hurt our feelings.

But, most of the time these "Button Pushers" are the people we love and who are very close to us, a family member, a friend, a co-worker; so they are usually very good at knowing our weaknesses.

That is why it is so hard to IGNORE them, because once they start attacking our weaknesses, **we take it personal**, and then we get angry.

Quote:

*Promise yourself to be so strong so that nothing can disturb your **peace of mind.***

Author, unknown

The key thought is:

It's About "Them" (they are the "Button Pusher" who likes to "aggravate" people); this is not "NOT" About "You" (so do not take it personal).

Remember "Button Pushers" can only aggravate those who let them.

The very best way to deal with a "Button Pusher" is:

CHOOSE TO WALK AWAY, AND IGNORE THEM WHEN THEY ACT LIKE THIS!!

And, every time you choose to walk away and "do not" get angry, you will get STRONGER and STRONGER.

The 1st time you walk away is the hardest time; the 2nd time you walk away is hard; the 3rd time you walk away is a little less difficult; and by the 10th time you walk away you are going to be SO STRONG and SO PROUD of yourself you will not want to let "Button Pushers" bother you anymore.

So remember, the next time someone tries to push your buttons, "just smile" and say to yourself: "the way they are acting is not about me, I have a choice, so I am going to walk away."

Quote:

A smile is the beginning of peace.
- Mother Teresa

***With love,
Tammy Taylor***

Proverbs 12:18

Some people make cutting remarks, but the words of the wise bring healing.