

HOW TO WORK ON YOUR BUTTONS
& THE BUTTON-PUSHERS IN YOUR LIFE

THE SIX-STEP BUTTON THERAPY METHOD



*A Psychological Self-Help Approach
Utilizing the Six-Step Button Therapy Method.*



LLOYD R. GOODWIN, JR., PH.D.

Button Therapy How To Work On Your Buttons And The Buttonpushers In Your Life

Lloyd R. Goodwin Jr, PhD



Button Therapy How To Work On Your Buttons And The Buttonpushers In Your Life:

Button Therapy Lloyd R. Goodwin, 2007-02-26 The Button Therapy Book is a practical cognitive counseling manual for mental health professionals and a psychological self help book designed to Help you identify modify and eliminate your Buttons that trigger stress and distress in your life Help you identify potentially troublesome cognitions related to your thinking styles such as black and white thinking should messages such as I should do everything perfectly self defeating core beliefs such as I am a victim of life s circumstances and defense mechanisms such as denial and rationalization Includes the Cognitive Self Assessment Inventory CSAI to help you identify your troublesome cognitions and Buttons Includes the Motivational States Inventory MSI to help you determine which of the six motivational states is associated with your Buttons that get pushed Help you determine which of the six centers of consciousness you are spending the most time in with the Centers of Consciousness Rating Scale CCRS in the Motivational States Inventory Teach you a portable Six Step Button Therapy Method to utilize anytime and anywhere you have a Button pushed which causes emotional distress Help you become more conscious aware loving and compassionate Improve your interpersonal relationships Facilitate your journey of personal and spiritual growth Early Acclaim for The Button Therapy Book Improve Your Quality of Life and Parenting Skills The Button Therapy Book has made an incredible difference in my attitude and my life I am able to relax more and don t get as uptight or angry as I used to I have always been a person who had my Buttons pushed fairly easily and now I understand how to identify my Buttons address them in a calm and loving way and most importantly get rid of them I ve also been able to take the information given in the book and pass it on to my children to help them overcome their Buttons Dr Goodwin gives the reader all the tools they need to live happier healthier lives starting immediately I highly recommend this book it is a must for any person who is interested in improving his or her quality of life and getting rid of those buttons Jodie Wilkerson from Greenville NC Get Ready to Unbutton and Be Free Button Therapy a MUST HAVE for any mental health professional and or the lay person I have found many insights in this book and I have recommended it to just about everyone I know I think that Dr Goodwin has hit the button on the head and has loosened it s thread with his insightful caring explanation of our Buttons and how to deal with them I find myself referring to it regularly in my business Thanks Lloyd I am happier my clients are happier and we all understand others and ourselves better now that we have read your book We will all be looking forward to your next work Suzanne Osborne Ph D Clinical Psychologist Forensic Psychologist Criminal Profiler Counselor from North Myrtle Beach SC A Model for Personal and Spiritual Growth The Button Therapy Book is a creative synthesis of Eastern and Western models for personal and spiritual growth An incredible compilation and synthesis of psychological self help techniques You would have to read 10 books to get the information and number of self help techniques presented in this book I ve personally benefited from applying this practical six step self help model to some of my Buttons The chapter titled 30 Seeds for Your Mind s Garden is worth the price of this book alone The 30 Seeds are guidelines that have been helpful in

my journey of personal and spiritual growth Planting these life enhancing seeds into the gardens of our minds enables us to become more conscious aware loving and compassionate This is simply the best psychological self help book I ve ever read I ve already recommended this book to my friends An excellent read Patricia Pollard M P A Administrator from Health Sciences Personnel Brody School of Medicine East Carolina University Greenville NC Button Therapy Book Good for Self Helpers and Professionals Goodwin has written a very readable book which includes a thorough compilation of respected authors therapists and philosophers Those views augmented with his many years of counseling experience provide a useful theoretical and practical book for both the mental health professional as well as the individual seeking a good self help reference and guide including inventories in the appendix Stephen K Creech Ph D Mental Health Professional and Musician from Winterville NC Button Therapy I was excited to see three decades of counseling theories approaches and strategies in mind body therapy brought together in one resource that is readable and accessible for either the lay reader or counseling professional This book is unique because it combines psychological research with very usable self assessments and self help techniques that can be applied in the real world The element that I found most helpful are the 30 Seeds for Your Mind s Garden in Chapter 21 This presents a summary and cognitive guideline of living life most effectively to its fullest potential Mark Stebnicki Rh D LPC CRC CDMS Professor and Director Rehabilitation Counselor Education Program East Carolina University Greenville NC A Fantastic Book A super way to learn how to deal with all the Buttons and Button Pushers in your life Learn to be a happier healthier and hopefully a better person all around Ned Petrak Financial Advisor Goldsboro NC CONGRATULATIONS Congratulations Dr Goodwin You ve done a wonderful job I like the holistic nature of this cognitive behavior therapy model The vast majority of clients I have worked with see themselves as pawns in this world being blown from one situation to the other with minimal control They often experience their emotions and actions as responsive to external forces rather than behavioral choices over which they have control The Button Therapy Book teaches that the locus of most situations is internal and therefore under our control Most of us are spiritually empty I am very positive that they will be able to fill that spiritual void by reading The Button Therapy Book I will recommend this book to any mental health professional I know Agyenim A Boateng M S CRC CCAS LPC Mental Health Professional from Pinehurst NC An Excellent Guide To Feeling Good The Button Therapy Book provides techniques that will immediately lift your spirits and help you develop a positive outlook on life Everyone has Buttons and Button Pushers Dr Goodwin provides a framework to recognize the cognitions i e thoughts beliefs etc attached to Buttons that produce negative results Through the 21 Button removal strategies described in the book empowerment is accessible A great tool box for those working in the mental health field as well as for anyone seeking personal growth If you have the desire to dance to the music of the universe instead of dancing every time somebody pushes your Buttons buy it read it you deserve it Sharon Williams from Washington NC Tired of Getting Your Buttons Pushed The Button Therapy Book is an excellent life enhancement manual I highly recommend it Its

foundations are based on the teachings of Buddha Jesus Christ and Ken Keyes Jr The Button Therapy Book also nicely wraps up the best of the best literature from prominent psychologists philosophers and modern day shamans The fewer Buttons

The Six-Step Button Therapy Method Lloyd R. Goodwin,2001-12 This book is a practical and psychological self help approach utilizing the Six Step Button Therapy Method and is a companion book to the Button Therapy Book providing a summary overview of the six steps *Button Therapy* Lloyd R. Goodwin Jr, PhD,2007-02-26 The Six Step Button Therapy Method briefly describes a practical six step psychological self help method and a holistic cognitive counseling tool for mental health professionals designed to Help you identify modify and eliminate your Buttons that trigger stress and distress in your life Help you identify potentially troublesome cognitions related to your thinking styles such as black and white thinking should messages such as I should do everything perfectly self defeating core beliefs such as I am a victim of life s circumstances and defense mechanisms such as denial and rationalization Teach you the portable Six Step Button Therapy Method to utilize anytime and anywhere you have a Button pushed which causes emotional distress Help you become more conscious aware loving and compassionate Improve your interpersonal relationships Facilitate your journey of personal and spiritual growth The Six Step Button Therapy Method combines a cognitive focus along with the emotional behavioral interpersonal and spiritual aspects of personal growth and self actualization See also The Button Therapy Book The Cognitive Self Assessment Inventory Button Therapy Set of Three BooksSAVE 3 US 5 CDN by buying the complete set **Button Therapy** Lloyd R. Goodwin Jr. Ph.D.,2007-04-23 The Button Therapy Book is a practical psychological self help book and a holistic cognitive therapy manual for mental health professionals The Six Step Button Therapy Method is a practical and psychological self help approach and is a companion book to the Button Therapy Book providing a summary overview of the six steps The Cognitive Self Assessment Inventory is designed to help identify core beliefs should messages defense mechanisms personality traits thought distortions and Buttons i e attachments or demands The Cognitive Self Assessment Inventory can be used by mental health professionals as a psychological assessment tool View the individual books The Button Therapy Book The Six Step Button Therapy Method The Cognitive Self Assessment Inventory **Raising A G-Rated Family in an X-Rated World** Brent Hatch,Phelecia Hatch,2006 Filled with real life examples and simple effective tools The tested proven and commonsense tips come from parents who learned firsthand while raising their seven children to have values morals and the ability to make the right choices How to Keep People from Pushing Your Buttons Albert Ellis,Arthur Lange,2017-01-01 Learn to stop letting people and situations upset you and start enjoying life in this classic self help book by a respected pioneer of psychotherapy Life can get tough From unemployment or overwork to divorce or remarriage the challenges of newly blended families not to mention everyday hassles stress can feel non stop To top it off technology confronts us with a barrage of seemingly urgent tasks 24 7 It s no wonder things and people can make you lose your cool In this landmark book you ll find a very specific powerful skill set designed to help you keep any scenario from

pushing your buttons and it works Rational Emotive Behavior Therapy REBT created by world renowned therapist Dr Albert Ellis provides you with realistic simple proven techniques that will significantly reduce your stress levels and help you react effectively whether the circumstances are professional or personal Discover Ten beliefs we use to let people and situations needlessly push our buttons A powerful alternative to the kind of thinking that upsets us The Fatal Foursome feelings that sabotage you How to change your irrational thinking using four key steps Whether you re dealing with colleagues parents kids friends or lovers How to Keep People From Pushing Your Buttons will show you how to enjoy an active vibrant successful life No individual not even Freud himself has had a greater impact on modern psychotherapy Psychology Today Praise for How to Keep People From Pushing Your Buttons Don t get mad or get even get placid using these techniques for defusing difficult situations Booklist [Mental Hospitals](#) ,1962 **Who's Pushing Your Buttons? , Summary of Albert Ellis & Arthur Lange's How to Keep People from Pushing Your Buttons** Everest Media,2022-04-26T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 There are only three things that humans can do think feel and act We are constantly thinking feeling and acting and we must learn how to direct and control our responses to those who push our buttons 2 There are four main screwball feelings excessive anxiety anger defensiveness depression burnout and guilt If you get excessively anxious you will not handle that situation effectively If you get excessively angry you will not handle it well 3 When you are overreacting you are making yourself excessively guilty When you are excessively guilty others can manipulate you and you will make decisions for all the wrong reasons 4 The ABC s are a model that I developed in 1955 when I began practicing Rational Emotive Behavior Therapy the first of today s cognitive behavior therapies They represent specific people and things that could push your buttons The two types of Activating Events are major crises like flood famine disease or war and daily hassles frustrations worries problems decisions and difficult people

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