

Open Door Training & Development
Handout: “Employee Coaching & Discipline”
What Are YOUR Hot Buttons?!!

There are generally six Hot Buttons:

Competence

You're triggered when you perceive that someone is questioning your intelligence or skills.

Inclusion

You're triggered when someone appears to be excluding you in some way (from a group, an event, a committee, etc.).

Autonomy

You're triggered when you perceive that someone appears to be trying to control you, imposing on you, or threatening your self-reliance.

Status

You're triggered when you perceive that someone is threatening or demeaning your tangible and intangible assets, including power, position, economic worth, and attractiveness.

Reliability

You're triggered when you perceive that someone is questioning your trustworthiness or dependability.

Morality

You're triggered when someone appears to be questioning your moral values or integrity.