All of us find some behavior(s) of other people difficult to deal with. Please indicate, with a check, any of the behaviors below—when performed by other people-- that annoy, bother or challenge you. Try to imagine that you are stressed out from lack of sleep, and that RIGHT NOW one or more people are doing the following:

Speaking too loudly

Speaking too quietly

Interrupting me when I’m talking

Not responding when I stop talking

Asking really personal questions

Telling someone a thing I told them in confidence

Looking puzzled but not taking the initiative to ask for clarification

Standing too far away so I keep having to move closer to converse

Standing too close while conversing, so I keep having to back up

Taking a long time to get to the point of a conversation

Not giving me enough background to understand the problem

Being really blunt and rude

Constantly touching or patting people he or she talks to

Sitting with arms folded in front of me when I talk to him or her

Not making eye contact

Making direct & sustained eye contact, like they’re trying to make me believe a lie

Disclosing too much personal information

Acting cold, distant, & superior to everyone

Boasting or self-promoting more than the situation calls for

Destroying my concentration by playing that annoying Country Music all the time

Destroying my concentration by playing that great Country Music all the time

Straightening the pictures in the room while I am trying to talk to him or her

Not caring that his or her half of the room or cubicle is a total mess

Taking far too much time explaining things that even the dumbest person can understand

## Reflection Handout

1. The most irritating and difficult behaviors for me are:
2. What influences in my past might be at the root of this feeling?
3. Which of my behaviors might be irritating to someone who is culturally different from me?
4. What might be the source of their irritation with my behavior?
5. The reason I engage in this behavior is:
6. During my time in [program location], I will do the following in order to be less of a hot button to others:
7. During my time in [program location], I will manage my hot button reactions to others by: