

# A list of the most common buttons

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You are not miserable because of finances, kids, or in-laws. You are not miserable because you married the wrong person. You are not miserable because of any circumstance in your marriage. The reason you are miserable is because a button is getting pushed and you are reacting in an unhealthy manner to that button getting pushed. As you already know, when your button gets pushed you tend to push your spouse's and it creates a negative cycle of unhealthy conflict.

Rejected	Pathetic	Humiliated
Judged	Heartbroken	Abandoned
Disconnected	Anxious	Unimportant
Lonely	Overwhelmed	Ignored
Failure	Threatened	Neglected
Powerless	Horrified	Condemned
Misunderstood	Pressured	Unwanted
Scorned	Bewildered	Danger
Invalidated	Ashamed	Disliked
Defective	Self-conscious	Mistrust
Inferior	Exhausted	Despair
Worthless	Suspicious	Unhappy
Disheartened	Dejected	Controlled
Offended	Devalued	