


# Vending Machine

**Notice...Detach...Think of how to respond, if at all.**


Anger	Tears
Arguing	No reaction

What buttons are easy to push, for you?



**What comes out of your vending machine is up to you!**

**Going Gray Rock:**  
Make yourself about as interesting as a gray rock.



- Some people enjoy “pushing your buttons”.
- They enjoy the power to “get something” out of you.
- It is up to you, how you respond.
- CHOOSE your response carefully.
- If you choose no reaction, be prepared...
- What happens when you put your money in a vending machine and nothing comes out?
- Do you try harder? Kick it? Hit it? Fuss at it? Do you give up easily?
- The person “pushing your buttons” may push harder too.
- It is your CHOICE. Be determined to respond in a way that is best for you.

