

## **ENABLE EXERCISE #8**

## My Allergic Responses to Others Who Impede My Goal Progress

We can learn the most from those we have the strongest allergic reactions to.

Analyze the personality and behaviors of those you have an allergic response to (i.e, those who you experience as difficult, challenging or annoying), as you begin to build your personal support system at work and home to become a successful adopter of <u>new behaviors</u> and habits.

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1.	What are you allergic to in others (i.e., what is it about others that "pushes you buttons")?
2.	How does it make you feel?
3.	How do you typically react?
4.	What might this say about your own personality and style?