



Date: _____

Reaction vs. Response

The only difference between a reaction and a response is 3 seconds.
This allows your automatic emotional instinct to calm and for your conscious mind to kick in.
Breathe through the trigger, count to 3, and then begin to answer these 5 questions.

1. What just happened? (explain the situation)

2. What emotion did it make me feel?

3. How does that emotion feel in my body? (describe how it feels, where you feel it, really go into the feeling)

4. What do you really want?

5. What can I do right now to get myself in alignment with what I really want?
