BRICKIE CONNECTIONS

BRICKIE CONNECTIONS #16: Responding RatherThan Reacting

PAY ATTENTION, RECOGNIZE ITS NOT ABOUT YOU, WISH OTHERS PEACE & EASE

When you react to a person's negative comments or actions in an angry, overly emotional or aggressive way, then you are giving that person power over you. If a person can easily get a rise from you, then you are no longer in control. If you take a moment and respond in a calm, healthy, honest, and real way, then you are in control. You are not allowing anyone to take your power away or invoke a reaction from you.

Maria Consiglio

3 Step Process to help you practice nonreaction.

Practice responding from a place of presence rather than reacting from a place of stress. Use the steps below to respond rather than react. Write in your thoughts and ideas to continue to respond to situations.

#1: PAY ATTENTION: You know what negativity looks, feels, and sounds like, so be on the lookout for it. If you see it coming, you have a chance to stand back and pause before reacting.

#2 RECOGNIZE IT'S NOT ABOUT YOU. Remind yourself that other people's negativity is a reflection of something going on inside their own minds and being projected toward you. Too often, we get tangled up in other people's negativity because our egos take their words personally.

#3 WISH OTHERS PEACE AND EASE. Silently wish those who are being negative peace and ease. Distance yourself if appropriate.