



REACTION OR RESPONSE?

Self-awareness Worksheet

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For this exercise choose two clear examples of when you felt triggered into a negative REACTION and when you were able to positively RESPOND to a situation from a connected and calm place. Try to be as descriptive as possible of what you experienced.

Where did you feel it in your body? Was it a comfortable or uncomfortable experience?
Could you give it a density, heavy or light? A colour? A temperature, hot or cold?
Did you experience any feelings, thoughts or words that stand out?

Can you identify a pattern of behaviour of how you feel or act when you are negatively triggered into reaction? Can you identify a pattern of behaviour of how you feel or act when you are calm, collected and responsive?

The object of this exercise is to get a clear picture of what you generally look like when in a state of REACTION or RESPONSE through the different layers of your being. This self-awareness is vital in understanding and changing your patterns of behaviour.

Let's start with the negative Reaction experience...

Think of a time or situation in which you felt clearly triggered into a negative **REACTIVE** state:

What **REACTION** did you **PHYSICALLY** experience?

Were you feeling tense? Stressed? Any tight shoulders or tummy knots? List the symptoms:

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What **REACTION** did you **EMOTIONALLY** experience?
Were you feeling angry? Anxious? Overwhelmed? List the feelings you felt:

What **REACTION** did you **MENTALLY** experience?
What words or thoughts were flying through your head? List any thoughts:

What **REACTION** did you **SPIRITUALLY** experience?
Did you experience a sense of disconnection? Loss of Faith? Doubt in a higher power?
List any experience connected to faith or belief:

What was your **GENERAL EXPERIENCE** of being **REACTIVE**?
Note any general feelings related to the experience. Did you come away feeling less than
because of the experience? Contracted? Disconnected? Disempowered?

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Let's look at the positive Response experience now...

Think of a situation that was challenging but where you were able to **RESPOND** calmly:

What **RESPONSE** did you **PHYSICALLY** experience?

Were you feeling relaxed? Open? Strong and capable? List how you felt physically:

What **RESPONSE** did you feel **EMOTIONALLY**?

Did you feel calm, balanced and empowered? List any emotions you experienced:

What **RESPONSE** did you have **MENTALLY**?

What words or thoughts were flying through your head? List any thoughts:

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What **RESPONSE** did you have **SPIRITUALLY**?

Did you experience a sense of deeper connection? Strengthened faith or higher guidance?

List any experience connected to faith or belief:

What was your **GENERAL EXPERIENCE** of the being **RESPONSIVE**?

Note any general feelings related to the experience. Did you come away feeling more expanded because of the experience? Balanced? Connected? Empowered?

Congratulations!

Now that you have worked your way through the exercises, you have an idea of what you experience when in a state of REACTION or RESPONSE. You can now begin to use your awareness in any given situation to determine what you are experiencing.

The questions you need to ask yourself are:

What am I experiencing right now? Am I in REACTION or RESPONSE?

Do I want to remain as I am, or do I need to make the conscious choice to do things differently?

What can I do to support myself to shift my energy and perspective?

Life is full of experiences beyond our control. Your strength and empowerment come from recognizing that it is not about trying to control what happens to us. Empowerment is about exercising your internal choice to RESPOND to any given experience and thereby cultivating deep peace, connection and fulfilment regardless of external conditions.