

REACTING VS RESPONDING

A THERAPEUTIC TOOL TO HELP YOU WORK THROUGH CONFLICT



THE UPSTAIRS AND DOWNSTAIRS BRAIN

THE 'UPSTAIRS' BRAIN – located in the frontal cortex of the brain

- Responsible for thought, control, and planning
- Responsible for logical responses and decisions

THE 'DOWNSTAIRS' BRAIN – located in the limbic system

- Responsible for emotions and feelings
- Gives the 'fight or flight' response
- Is the source of the amygdala's emotional response

EMOTIONAL

Some parts of the brain is emotional, you are influenced, and you can lose your train and sometimes yourself.

- Emotions
- Feeling
- Calmness
- Nervous
- Making self care
- Breathing exercises

WISDOM AND CONSCIOUSNESS

When you're calm, you can think clearly and you can make better decisions. You can think clearly and you can make better decisions. You can think clearly and you can make better decisions.

REACTING VS RESPONDING

In our daily interactions, how we choose to engage with others can significantly impact our relationships, either at home, school, work, clubs, etc. Often, we may feel ourselves caught in the cycle of automatic reactions rather than thoughtful responses. However, recognizing and understanding the difference between reacting and responding is essential to having healthier connections with others and promoting personal growth.

REACTING VS RESPONDING

Reacting and responding are two distinct ways of approaching situations, and understanding the difference between them can show the contrast significantly. Reacting typically involves a faster gut response, driven by automatic impulses or emotions. In contrast, responding entails a thoughtful and measured action, influenced by empathy, deep understanding, and conscious decision-making.

REACTING	RESPONDING
<p>1. Quick and impulsive actions or statements: Reacting often involves immediate, instinctive responses without much thought or consideration.</p>	<p>1. Thoughtful and measured actions or statements: Responding involves a more deliberate approach, taking the time to consider options and consequences before responding.</p>
<p>2. Heightened emotions: Reacting tends to be associated with intense emotional reactions, such as anger, frustration, defensiveness, or fear.</p>	<p>2. Calmness and composure: Individuals who respond instead of react tend to remain composed, even in challenging or emotional situations.</p>
<p>3. Lack of self-control: When reacting, individuals may struggle to regulate their emotions, leading to outbursts, aggressive behavior, or becoming overwhelmed.</p>	<p>3. Empathy and understanding: Responding often involves demonstrating empathy, striving to understand others' perspectives, and showing respect for differing opinions.</p>
<p>4. Blame and deflection: Reactive individuals may focus on blaming others or external circumstances, avoiding taking responsibility for their own actions or decisions.</p>	<p>4. Accountability and self-reflection: Those who respond take responsibility for their actions, seeking to improve and learn from their experiences.</p>
<p>5. Escalation of conflict: Reacting can amplify conflicts and disagreements, making it difficult to find common ground or work towards resolution.</p>	<p>5. Conflict resolution and cooperation: Responding helps foster better communication, find common ground, and work collaboratively to resolve conflicts.</p>

REACTING VS RESPONDING

Reacting often leads to a cycle of negative emotions and behaviors, while responding allows for more constructive and positive outcomes.

1. **Reacting:** Reacting often involves immediate, instinctive responses without much thought or consideration.
2. **Responding:** Responding involves a more deliberate approach, taking the time to consider options and consequences before responding.
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4. **Responding:** Responding often involves demonstrating empathy, striving to understand others' perspectives, and showing respect for differing opinions.
5. **Reacting:** Reactive individuals may focus on blaming others or external circumstances, avoiding taking responsibility for their own actions or decisions.
6. **Responding:** Those who respond take responsibility for their actions, seeking to improve and learn from their experiences.
7. **Reacting:** Reacting can amplify conflicts and disagreements, making it difficult to find common ground or work towards resolution.
8. **Responding:** Responding helps foster better communication, find common ground, and work collaboratively to resolve conflicts.

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Acting And Reacting

JG Myers



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