

FUNSHEET

4 WAYS TO **RESPOND** **AND NOT REACT** TO A SITUATION



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



LEARN TO RESPOND, NOT REACT

're-act' = repeat our act/ repeat

True/ False?

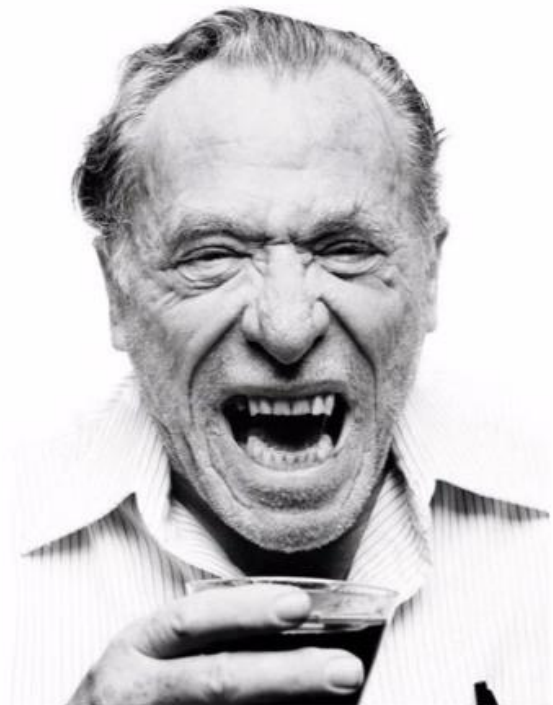
We are so used to reacting to triggers around us, that most of us feel these reactions are natural, automatic, or an obvious part of our nature.

In today's short episode let's discuss:

- What is the **difference** between reaction and response?
- How can you possibly think of any response when you're being **triggered** by something you find genuinely irritating?
- What can you do to be responsive **instead of being reactive**?

A German American poet and novelist **Charles Bukowski** wrote -

'We all are museums of fear.'



Let me answer today's first question:

What is the difference between reaction and response?

Now, just like this, every trigger that causes your emotional reaction has some *unresolved, unhealed, unattended wound underneath it.*

We all carry_____ controls to our deepest wounds. Anyone and literally anyone can press our red button and get us upset, aggravated and wired up.

Response on the other hand is _____ your behaviour.

Celebrated Austrian psychiatrist and Holocaust survivor, wrote in his famous book '**Man's search for meaning**',



“When we are no longer able to change a situation, we are challenged to change ourselves. Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” - Viktor Frankl

Write down all the different reactions you give and what are the consequences.

Trigger	Reaction	Consequences

2. Dismantle

I look at people as a bundle with many different traits woven together. I consciously check when I think this person is driving me crazy, or I do not like this person - what do I mean exactly? Which exact trait is bothering me? What is he or she doing that is making me feel lesser in some or the other way?

Write down the **name of a person you cannot stand or get triggered by** _____

Think of this person's behaviour and traits. Now think of **which of these traits irritate you?**

Ask exactly what bothers me?

3. Daily reflective journaling

If you consider yourself a reactive person, because you are *too sensitive, you lose your temper, feel upset or keep getting triggered by a specific person*, then it is a **good time to cultivate this new habit**. Try this for the next 7 days.

Set 15 mins aside to do handwritten journaling every single day. **Respond to this question every single day for 7 days -**

How will you respond to this (situation/ trigger) if it occurs again right now?

Take a notebook or a diary and write everything that comes to your mind in your handwriting. Using handwriting enhances the effectiveness of this process. **Do not just think of this question in your mind the way you are doing it now. Physically write your thoughts.**

As one of our social initiatives in this lockdown period, we created a free anti anxiety journaling workshop called '**journal write now**'. You can enrol for it on our website - www.aditisurana.com

4. *Discover new ways to respond*

Now this is an important stage. Do **not be limited by your already tried and tested methods of responding to a triggering situation.** Discover new ways. Ask friends, talk to experts, read books, search podcast episodes on the relevant issue. Create your bank of probable responses. You will be surprised how this habit will give you more freedom.

Trigger	Response 1	Response 2	Response 3

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We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website www.aditisurana.com

Happy writing!