

LEAD WELL

KNOWLEDGE

RESPOND VS REACT

SUMMARY

In between stimulus and response there is a space. In that space you have the power to choose how you will either respond or react. Viktor Frankl in Man's Search for Meaning shares that it is not what people do to us that hurts us. It is how we choose to react to what happens to us that hurts us. Often people will say, "He made me so mad" or "I couldn't help it - she made me so crazy I couldn't help but yell." Ultimately, we can choose what we will do in a situation - even in especially tough situations.

REFLECTION

Think about challenges that come your way. Which ones do you tend to have patience and ability to respond vs. react. Which situations do you tend to want to react and it is very difficult to stay calm and respond?

ACTIONABLE ITEMS

- Write down a specific situation where you reacted in a way you later regretted. What could you do next time to have a better shot at responding vs. reacting?
- Write down a specific situation where you felt good how you handled your urge to react, yet instead you stayed calm and responded. What helped you avoid a reaction you would have regretted?