

USEFUL INFORMATION

REACTING

& RESPONDING

REACT

R = RESISTANCE

Resist the temptation to be 'right' or to 'win', to remain in control, or to be 'on top of your game'.

E = ENVY/EGO IDENTITY

Remind yourself that if your anger is excessive and disproportionate to the event, you are trying to take the superior role in an effort to keep yourself safe from pain.

A = ACCEPT

Accept that you are feeling anger and that it's ok to feel this way. Allow yourself to feel the feelings but not become over-whelmed by them.

C = CATASTROPHISE

Remind your 'old' brain that you are safe and there is no need to go into high alert. There is no danger to your survival – you are just in a situation where you feel overwhelmed.

T = THINKING

If you recognise that your thoughts are negative and harmful, choose not to invest a lot of time into this way of thinking. Instead, engage in an activity that will shift you out of your negative state until such time as you have gained clarity.

RESPONDING

R = REMAIN CALM

Connecting to your breath and purposefully slowing it down will help keep you in the here and now.

E = EMPATHISE

Listen to the other person and see their point of view. Keep the bigger picture in mind. Keep your heart open. The other person is not the enemy, even though it feels that way.

S = SAFE

Keep reminding yourself that you are safe and no one is going to harm you. Keep breathing slowly.

P = PREPARED

Be sensitive to any changes in the situation and to the dynamic. If matters escalate, choose to walk away from the situation.

O = OBJECTIVITY

Stop, think, take a look at the big picture. Try to understand why the other person is behaving in that particular way. It's usually because their needs are not being met.

N = NOTICE

Notice what is going on for you as well as for the other person and try to create some emotional distance in order to reflect on and understand their behaviour.

D = DISCIPLINE

Remind yourself of the consequences and that the other person is not the enemy. Let go of being right and your attachment to winning.

