

# Reacting Vs. Responding

## A Reaction.

A reaction is instant. It's driven by beliefs, biases and prejudice of the unconscious mind. (When you say or do something without thinking, that's the unconscious mind running the show!)

A reaction is in the moment and doesn't take into consideration the long-term effects of what you say or do.

It can be survival orientated and on some level a defense mechanism. It might turn out okay, but more often than not its something you will regret later.

## A Response.

On the other hand, a response often comes more slowly, its based on information from the conscious mind AND the unconscious mind.

A response will be more 'ecological' in nature, meaning it takes into consideration the well being of not just yourself, but those around you.

It weighs the long-term effects and stays in line with core values.

- How we react or respond to stimuli can have a significant effect on the \_\_\_\_\_ of a situation, it can influence others and speaks volumes about who we are as a person, not just as a leader.
- Reactions made in the heat of the moment can have dire effects.
- The more we react the less \_\_\_\_\_ we are because we are operating from underlying assumptions and beliefs.
- **Personal Filters:**

Personal context and beliefs  
Opinions and insecurities  
Expectations and preconceived ideas or outcomes  
Cultural backgrounds or upbringing

These experiences, memories and ideals form the filter through which our unconscious mind processes information and forms a reaction or a response.

- Feelings like pride, anger, depression and fear serve to \_\_\_\_\_ this reaction further.

## Know your identity in Christ

**2 Timothy 1:7**

**For God gave us a spirit not of fear but of power, love and self-control.**

### "IDENTITY"

#### 1. Sameness; the quality or fact of being the same

**Proverbs 13:20**

**"He that walketh with wise men shall be wise: but a companion of fools shall be destroyed"**

**1 Peter 1:14-16**

**As obedient children, do not be conformed to the former lusts which were yours in your ignorance,<sup>15</sup> but like the Holy One who called you, be holy yourselves also in all your behavior;<sup>16</sup> because it is written, "You shall be holy, for I am holy."**

**Ephesians 5:1-2**

**Therefore be imitators of God, as beloved children;<sup>2</sup> and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.**

#### 2. The appearance one presents to the world – by which one is known

- If how we are feeling internally is merely a \_\_\_\_\_ of our external reality, we will always be held ransom by something outside our control.

#### 3. The difference or character that marks off an individual from the rest of the same kind.

**Romans 12:2**

**Do not be conformed to this world but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.**

**Galatians 2:20**

**I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.**

#### 4. Sense of whom one is

**1 Peter 2:9**

**But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.**

**Ephesians 2:10**

**For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.**

**2 Corinthians 5:17**

**Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.**

- It's possible to know all of this and not \_\_\_\_\_ from it. We are called to be \_\_\_\_\_ by the knowledge of this and for Christ to be revealed in us.

## **Embrace the calmness.**

- Positive Self Speak - There is power in your words.
- Fight or flight response - An acute stress response causing shortness of breath, accelerated heart rate, adrenaline shot which for most of us means an inability to focus.
- Breathe - Take slow deep breaths from the stomach.
- Assume positive intent in others.
- "In times of crisis Leaders don't point the finger – they look in the mirror"

## **Create some Time & Space**

- Experience is what you get just after you needed it.

- Be quick to listen and slow to speak – James 1:19.

- Common responses to negative stimulus:

Deny - It wasn't me...

Deflect - He started it...

Defend - Yeah, but if only you hadn't...

Discount – It could be worse...

Deceive – How do you know it was me...

Discredit – Who gave you that idea...

Deal... What do you say we pretend this never happened...

- When faced with a challenging situation where you can't afford to make too many concessions, and in my experience, I have learnt to re-read my reply to identify what is emotion and what is fact, by and large you need to cut out the emotion and stick to the facts.

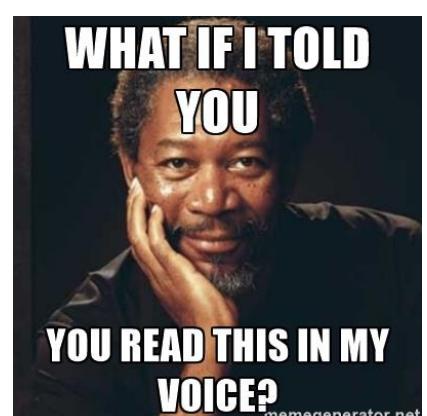
- Identify your triggers

## **Ask better questions, detail is important.**

- Offense is personal

- Our imagination takes our attitude or mood and uses it to fool us into seeing or interpreting things that may have never been intended.

- If in doubt, seek clarification, ask appropriate questions and ensure you have all the information before you respond.



## **Seek Wise Council**

- Don't make it someone else's problem
- A difference of opinion is positive, be open to it.

### **Questions:**

- What situations do you find yourself reacting? What are your trigger's?
- What techniques could you employ to assist you respond instead of react?
- Do you know your identity in Christ?