

## *Reaction - Response*

**Reaction** - action in response to a stimulus; action in response to some influence or event. That stimulus or influence can be called a “trigger”.

Once triggered, what follows typically happens **instantaneously**, unconsciously, **seemingly automatic**, without conscious thought. The thought that was triggered is typically buried deep within the subconscious portion of the brain. It is often defined as a habit.

**Response** - an answer or reply, as in words or in some action; any behavior of a living organism that results from an external or internal stimulus.

A response is more of a **delayed action**, it typically happens after some evaluation and consideration of the facts, using conscious thought before acting.

*A reaction and a response are very, very similar in their definitions but different in their outcomes.*

A reaction **can be extremely beneficial** when extreme measures occur and are required. Stepping off a curb, hearing a horn from a bus, and jumping back is a good thing. Many times, reactions come from healthy habits we have developed. They empower us and keep us from danger.

However, when we react (overreact) to light stimuli as if it were an emergency, **it can be detrimental**. These are typically reactions to unhealthy habits we have developed. They rob us of power and many times put us in precarious situations with others.

*I know individuals that label discomfort and every annoyance or discomfort "pain".* It takes conscious thought to differentiate between something that is uncomfortable and what may be called real pain (an ouch and up).

**A response**, on the other hand, implies that we have **looked at or evaluated the situation and are responding in an appropriate, reasonable manner**.

Many times, individuals "hear" things in an accusatory manner rather than in the tone they were meant to be spoken in.

We have **"unconscious memories"** of every trauma that has ever occurred in our lives. Attached to those "unconscious memories" are **triggers**, which will bring them back to life. **Often, we are not even conscious of those triggers** when they occur.

Dealing with the unconscious past, many memories or feelings are lost in that vast subconscious mind. Hidden so deep that they never rise to the level of consciousness. YET feelings (anger) and actions result when we least expect them. At that moment of time, could you be having **a reaction**, some **thought** (blame), an **emotion** (sadness or depression), a **strong desire** (something self-satisfying), **created by a trigger that you are totally unaware of?**

These thoughts, emotions, or reactions are often **triggered by unconscious memories**. The stories or the feelings created by the stories are more than likely part of what has been identified as the ego—that portion of the mind set aside to protect us.

It is impossible to deal with illusions or delusions, something that you cannot define. However, you can deal with situations in the moment as they arise. **The first step is to realize that you have taken an action.** You reacted and became emotionally involved. What can you learn from those results?

It is only when we **look at results** in hindsight that we can determine whether we responded, or we reacted. If we determine through an assessment that we had a reaction **and it was inappropriate**, we now have a basis—somewhere to start the change— if we so desire.

Begin the process by not letting the EGO-driven thoughts or feelings overwhelm you.

Move to a problem-solving mode. Observe the results. What were you feeling? What actions were you involved in? Can you identify what brought the reaction about (the trigger)?

**The first step in the process is to Learn!** See if you can identify with the situation. Has it happened before? Review the results—could the outcome have been different?

We have all read the books or heard the messages on "**How To**". Even though we know intellectually what we should do, we find it hard to do. This is because our **unconscious thinking (habit) is holding us** where we feel the most comfortable. **Change brings up fear** of the unknown, of what's going to happen now—and the mind would prefer to deal with what is, rather than something unknown—even if that unknown would be very beneficial to us.

*It is said that the unconscious mind does not reason* that only the conscious mind has that capability. If this is true, then the **unconscious mind** will continuously

repeat the old lessons / instructions it has been given. *Of course, the conscious mind can overrule the unconscious mind.*

This is proven by the fact that we can control whether we blink or not. We can control our respiration, taking a deep or shallow breath when we consciously think about it. It has been proven that we even have control over our heart rate. This implies that we can consciously control whether we react to a situation or take the time to respond.

Choose a *new response*, write it down, and *institute it*. Do it every time the trigger occurs. By doing so, you will *create a new habit*—one with positive possibilities. *Doing is the second step in the process.*

Change can and does occur in people's lives all the time. Observing the thinker is a place to start.

*In order to overcome old ingrained habits, we must change our way of thinking.*

Reviewing and becoming mindful of our feelings and actions in each moment brings us to a new awareness. This *Review is the third step in the process.*

We must change our story! The *fourth step is to put into effect any corrections* to our behavior we deem necessary. We must become the change.

Now, repeat the process with the new changes. *The whole process is not about perfection, it is about progress.*

**Earl Nightingale's definition of Success:**

*"A Progressive Realization of a Worthy Ideal"*

Let go of the past, it is always full of regrets. Try not to spend too much time in the future—the unknowns brings with it fear (False Expectations Appearing Real). Deal with what is in front of you in this moment in time. Being present in the moment and staying in the NOW is the key to a worry-free life.

*A closed mind is a sickness that only surrender can overcome!* Let go of being Right and of having all of the answers. *Let go of the Pride* that stops you from gaining knowledge and progressing towards a better life.

Make that surrender to something greater than you; surrender your life to God! *Establish a relationship, build on that relationship, and experience the miracles that come with that relationship.*

## *Together (with Learn, Do, Review, Correct, Repeat) i Can*

At "Together i Can," our free health coaching considers the physical, mental, and spiritual aspects of the situation.

*Together (with balance in these three elements), i can.*

We are here to help: [TogetheriCan.com](http://TogetheriCan.com) provides more extensive information. Call us at **(619) 316-6900** or **email us at: michael@togetherican.com**

## *Together (by Responding) i Can*

At "together i Can," we are always looking for *"Solutions"* rather than Band-Aid fixes (masking symptoms)!

We are here to help you *"Perfect the art of prevention!"*

We coach you on how *to*

*"Practice simple disciplines over slight errors in judgment!"*

*Time is always on your side if you choose to use it wisely!*

You have this *"Moment"* in which to act! *The Past has expired, the Future is in the distance, do it now and create the future you desire.*